



ceo update

Friday 9 May—This week is Privacy Week – a timely reminder

The Canterbury Health System prides itself on maintaining patient confidentiality but it is increasingly challenging in a fast-paced digital world.

Privacy Awareness Week (PAW) this year runs from May 4 to 10, is recognised internationally, and is held annually to promote awareness of privacy issues and the importance of the protection of personal information as outlined in the Privacy Act. This year the focus of the Privacy Forum held in Wellington was information sharing and data privacy, social networking and online behaviour and managing information security and privacy. As part of PAWS the Privacy Commissioner highlighted the recently developed online privacy resource for children, called OWLS, a new poster on how to keep your mobile devices safe and the new online toolkit to protect data and help prevent breaches. For further information check out their website privacy.org.nz

As a health system we've made some exceptional gains in enhancing our care through electronic information systems - shared care view patient information system is one example of that.

However, we are forever mindful of the potential privacy risks associated with people's information being held in electronic information systems.

I only have to remind you of an incident last year, where clinicians from this and two other DHBs were found to have breached patient privacy by looking into a patient's electronic health records when they had no direct part in his care. This was extremely disappointing and unacceptable.

Maintaining patient confidentiality is paramount to CDHB. Patients should rightly expect their health information will be accessed only by staff involved in their care and treatment, or as part of a quality review process.

Any breach of patient confidentiality is taken very seriously and staff need to be mindful that there may be consequences for them if they are found to have accessed patient information inappropriately.

On a more positive note, from a systems perspective, we are able to ensure access to patient information is traceable. Every time a record is accessed an electronic 'footprint' is left on a patient's file. This is worth remembering.

However, it's not only staff who need to ensure patient confidentiality. Increasingly we have media television crews, photographers and even patients filming or photographing things happening in our services.

With the invention of smart phones, there are endless opportunities for anyone to film, photograph and share that information on the internet and via social media. While hospitals are public places, we do have [guidelines](#) and [consent forms](#) around filming and taking photographs both for media and for the general public.

I know many staff have asked about patients or family members filming or taking photos while receiving care. "What if a patient or family member wants to film or take a photo while they are in our care and I'm not comfortable with that?" Sometimes it's difficult to know if someone is filming or taking photos with their phone. If you have concerns please don't hesitate to politely ask what they're doing and if you don't want to be filmed or photographed, then tell them. You are entitled to remind patients or family members not to film or photograph staff or any other patients without their permission. If you need any other advice on this issue, please don't hesitate to contact our Media Advisor Amy Milne, in the Communications Department, who is happy to advise on these matters. amy.milne@cdhb.health.nz or ext: 62122, 027 502 75 23.

NHS chair visits Canterbury

The Canterbury DHB this week was delighted to host ex-pat Kiwi and Chair of the National Health Service, England, Sir Malcolm Grant.

The visit was prompted through the interest of Sir Malcolm in the [King's Fund Report](#) and a meeting between him, Dr Nigel Millar Canterbury DHB Chief Medical Officer, and [Orion Health](#) in February in London this year when he was invited to come and have a look at the Canterbury Health System.

Dr Millar says it was a very welcome opportunity to host Sir Malcolm in partnership with Orion Health this week.

“It provided a forum to share some of the success of the Canterbury Health System has achieved with the support of Orion Health. Also for the Canterbury DHB and Orion to hear ideas and plans from a key leader in the NHS.”

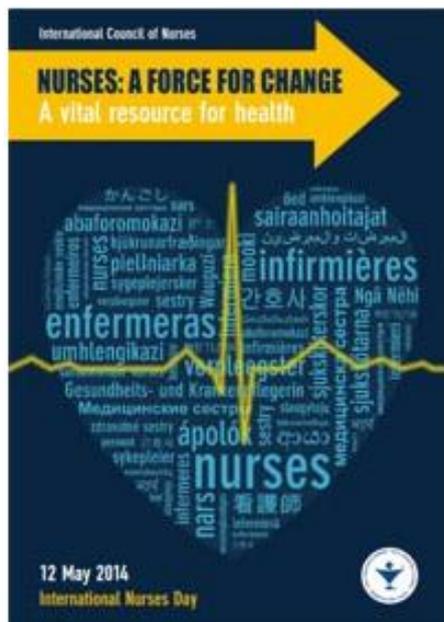
Canterbury DHB and Orion Health have a [strategic partnership](#) for Canterbury clinicians and staff working alongside Orion's health software developers to advance healthcare technology innovation.

“Sir Malcom's visit indicates the international attention paid to the Canterbury Health System and Orion Health. We are a long way from many parts of the world and it important to us to have relationships and contacts in key places such as the NHS - this provides a benefit to the NZ Health System as a whole.”

Sir Malcolm, who was born in Oamaru, New Zealand was also interviewed by Radio New Zealand [Nine to Noon](#) host Kathryn Ryan, where he talked about his experience of trying to reduce future healthcare costs without compromising care.



From left, Sir Malcolm Grant, Dr Nigel Millar, David Meates and Brian Dolan.



Happy Nurses' Day - Monday 12 May

Next Monday is International Nurses' Day and I would like to acknowledge the tremendous work nurses from throughout our health system do every day – from those who provide care for patients in the community, in general practice teams, in our hospitals, outpatient clinics, prisons and other facilities. The theme for this year's celebrations is Nurses: A Force for Change – A Vital Resource For Health, and this is so true.

Nurses make up the largest part of our workforce, and you are a vital resource. We'd be lost without you – thanks for everything you do. I look forward to attending some of your celebrations next week. I hope you take the time to reflect on the importance of your role and mark the occasion with your colleagues.

For more information see the story on page eleven.

Have a great day.
David Meates

Bouquets



Physiotherapy/ Hand Therapy, Christchurch Hospital

Excellent clinic and staff, always seen on time, which is much appreciated. Keep up the good work!

Day Surgery/ Paediatrics, Christchurch Women's Hospital

Great personal, friendly, understanding care for our seven year old (in for dental work) under general anaesthetic who also suffers from extreme anxiety. All very patient with us/her to keep stress minimal. Everyone deserves a 'well done' compliment for their hard and worthwhile work, from reception-nurses- anaesthetists- dentist.

AMAU, Christchurch Hospital

I found the staff very pleasant. I have been well looked after – people ask about your needs, the food is top quality. A very happy environment.

Ward 10, Christchurch Hospital

Great team and care from all. Thanks so much.

Awesome service.

Intensive Care Unit, Christchurch Hospital

A big thank you for the care of my son.

CICU, Christchurch Hospital

I think your team of nurses and doctors in this unit is nothing but AMAZING. My dad has been in here for a couple of weeks so far and the team I cannot fault. A massive thank you to them for making this terrible time less stressful for us.

Ward 15, Christchurch

Excellent care in every way. As always, Dr Burt's treatment was proactive and accurate. All nursing staff and theatre staff were outstanding – friendly, approachable, professional and kind. All other staff were helpful and pleasant (food/ cleaning etc). Night shift staff, particularly Annabel, were lovely with a reassuring and gentle bedside manner. Couldn't fault a thing. So grateful for the excellent care when I felt so unwell and vulnerable. Thank you.

Ward 16, Christchurch Hospital

I would like to thank all the nursing staff for taking good care of me while during my stay in hospital. They showed true hospitality in providing me with the best care. Many thanks.

Central Pre-Admission, Christchurch Hospital

Very efficient, thank you.

Day Surgery Unit, Christchurch Women's Hospital

I would like to draw your attention to the staff at the Day Surgery Unit. I have been a patient there twice in the last six months – and on both occasions they were exceptionally friendly, respectful and supportive. Both prior to and following the procedure they did everything they could to answer my questions, provide reassurance and make me feel cared for.

It is easy to feel depressed and 'one of many' as a patient, but I felt neither of those in their care. They even went out of their way to change the details of my marital status which had been incorrect on my records – a minor thing for a busy team but important to me, and I appreciated that they addressed this quickly.

They also communicated well with those who undertook the procedure. My nurse on this occasion was Judith Quinn. I would like to highlight how much I appreciated your support.

Continued on the next page...



Oncology Treatment, Christchurch Hospital

I have nothing but praise and appreciation for all the staff in every aspect of my treatment. Their individual and collective empathy skills, expertise and communication – simply outstanding, encouraging and supportive in times of patient challenge. The ‘young’ radiographers are all of cheerful disposition with nothing too much of a bother. To put up with my quirky sense of humour, questions and commentary was done with a terrific blend of professionalism and their own personality. To you all – fine specialists doing a fine job for us all. Best wishes.

Tuarangi Home

Dear Margaret, I had the privilege of conducting the memorial service for one of your former patients. When I first met with the family, they mentioned the wonderful and outstanding care he received while he was a resident at Tuarangi Home.

His family told me that all the staff looked after him in a very warm, caring and considerate way, always mindful of his needs. He and his family felt he was among friends. The family have appreciated everything that was done to help him and they want you to know they will never forget the support they have received. Their gratitude to you all was recorded during the service. Thank you all for being such wonderful carers,

Ashburton and Christchurch Hospital

We are writing to thank you very much for the excellent, prompt and professional care which you gave to our family member.... After the helicopter flight to Christchurch Hospital, he was almost immediately operated on for a burst diverticular abscess and then spent eight days in the intensive care unit. He also spent time in Ward 16 and then Ward 17 when he had to be readmitted with another episode of infection. He is slowly, but surely improving.

Emergency and Cardiac Departments, Christchurch Hospital

I just wanted to highly commend the services of the cardiology unit as I was admitted yesterday for a short time and I thought the nurses were LOVELY! Thank you to Kylie for her gentle and happy demeanour, she is a credit to your department. My daughter was also seen on Friday by the Emergency Department and I also wanted to comment on the doctor that looked after her. We were so impressed with the information that we were given and the way my daughter was handled. His name was Jacques. Thank you so much for the wonderful service you provide to us as a family.

Ward 18, Christchurch Hospital

My 82 year old mother was recently admitted to hospital during an incident which occurred whilst on an on-shore visit which was part of a cruise she was taking. I can only highly commend the care my mother received whilst an in-patient and the hard work of the staff to facilitate, as soon as possible, her return home to Australia. I also acknowledge the support and assistance given to my mother's travelling companion, who remained with mum though-out the period of her admission. My warmest and heartfelt thanks to everyone involved.

Emergency Department, Christchurch Hospital

Dr David Short was really, really helpful yesterday, he explained everything really well and was the best doctor I've had (: just saying thank you again.

CHOOSE A REWARDING CAREER

Medical & Dental Nursing & Midwifery Allied Health Corporate & Support

- 131637- Occupational Therapist - Forensic Community Team
- 131594- Secretary- CAF Rural
- 131507- Vision Hearing Tester
- 131433 - Registered Nurses- Oxford Hospital
- 131500- Programme Coordinator – Information Services

[Click here to see more opportunities on the careers website](#)

It's gonna be a Dry July

I think we've all had enough of the wet weather and we need your help to support a Dry July.

CDHB is taking on the Dry July challenge again this year. Dry July is a nationally run, on-line fundraising and health awareness campaign. An individual or team signs up to the challenge of a month-long sponsored abstinence from alcohol.

When Dry July was first launched in New Zealand in 2012, 2,000+ Kiwi's jumped on the bandwagon, raising over \$550,000. Last year the campaign expanded its reach, welcoming the Canterbury Regional Cancer & Haematology Service and Wellington Blood and Cancer Centre, in addition to New Zealand's first ever beneficiary Auckland Region and Northland Hospitals.



Canterbury had a fantastic response with more 984 participants who raised \$186,719 in total.

Here's how some of the money is being spent:

- iPads for Chemotherapy regional patients and day ward
- Chemotherapy chairs
- Murals on radiotherapy bunker exterior wall and ceilings
- Wireless paging system (for patients attending clinics)
- Electronic beds for the Bone Marrow Unit

We'll share stories and images about how these projects are progressing in future updates.

One month of not drinking alcohol and getting sponsored by peers, friends and family is all Dry July asks of you. We need your help – sign up to go dry this July or support someone else to do it with a donation.

We will let you know more about the project in future CEO updates and you can visit www.dryjuly.co.nz for more information right now. You can sign up from mid May.



In addition to this official Dry July website, our CDHB website will have a page dedicated to Dry July. Final touches are being made – more info on this soon.

So for now, put July in your diary and start thinking about how you can be involved.



UNIVERSITY OF OTAGO,
CHRISTCHURCH
Whāre Wānanga o Ōtago ki Ōtautahi

Coeliac Disease Information Day at the University of Otago, Christchurch

Coeliac New Zealand is displaying latest information about the disease, and will have people on hand to discuss issues, at the University of Otago, Christchurch (UOC), on Wednesday 21 May.

The display is to mark [Coeliac Awareness Week](#).

If you want to learn more about the disease come to the ground floor foyer of the UOC building (at 2 Riccarton Ave, on the Christchurch Hospital campus) between 10am and 4pm on Wednesday 21 May. All welcome.

UOC has a webpage with upcoming events, displays and lectures at: <http://www.otago.ac.nz/christchurch/news/communicationsoffice/otago063965.html>

Canterbury Hospitals' Friday Grand Round

16 May 2014, 12.15-1.15pm

(lunch from 11.50am)

Venue: Rolleston Lecture Theatre

Health Research Society of Canterbury Research Speakers

Speaker: **V Major**, *Centre for BioEng, UC, Dept Intensive Care, Christchurch Hospital*

Topic: "A Pressure Reconstruction Method to Estimate Respiratory Mechanics of Breathing Masked by Spontaneous Breathing Efforts"

Speaker: **S Jodczyk**, *Dept Pathol and Dept Psychol Med, UOC.*

Topic: "Association between telomere length and life stress in two New Zealand cohorts"

Speaker: **Jennifer Hamilton**, *Dept Psychol UC*

Topic: "Deep brain stimulation of the nucleus accumbens attenuates relapse to cocaine seeking"

Speaker: **M Almuqbel**, *Dept Medicine and NZ Brain Res Inst.*

Topic: "Magnetic Resonance Spectroscopy: a potential marker for cognitive impairment in Parkinson's disease"

Chair: Geoff Shaw, Specialist ICU Christchurch Hospital.

Video Conference set up in:

- Burwood Meeting Room
- Meeting Room, Level 1 PMH
- Wakanui Room, Ashburton
- Telemedicine Room, Admin. Building 6 – Hillmorton

Convenor: Dr Ruth Spearing and ruth.spearing@cdhb.health.nz



Anne Jackson

Neonatal Nurse endorsed as a Nurse Practitioner with prescribing rights

Anne Jackson is the first in the South Island to be registered as a Neonatal Nurse Practitioner with prescribing rights.

Anne received the endorsement last month following a process of completing a Master's degree, submitting a portfolio, and attending a panel assessment at the Nursing Council of New Zealand in Wellington.

While, she is already currently prescribing as a Clinical Nurse Specialist, Advanced Neonatal Practice, the new endorsement will mean she does not require prescriptions to be counter signed.

"For example once employed as a Nurse Practitioner I will be able to write a discharge prescription for a baby without having to go and find someone to check it."

However she would be prescribing under supervision.

There are about 137 Nurse Practitioners in New Zealand but not all have prescribing rights. There are other Nurse Practitioners at CDHB working in other areas.

The endorsement is the culmination of everything she had worked for over her 37 year career in nursing, Anne says.

"It completes the package of care I can provide, but it's not just about what I have done, but the support I have had from my Neonatal colleagues and other staff to get to this point," she says.

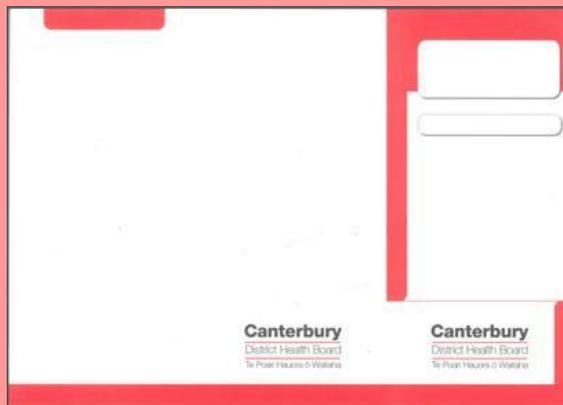
Red letter day for patient factsheets

You may be surprised to hear we have an astonishing 1700 different factsheets and pieces of printed information for patients, their families and visitors to our facilities. They are sometimes referred to as “red shells”.

Why they are described as “red” I would hope is obvious, but the term “shell” comes from the fact that that are printed on a basic template or “shell”. In the past this was the most efficient thing to do – we ordered literally tens of thousands of blank shells at a time and overprinted with text as needed.

But yesterday’s efficiency had its drawbacks. We often had large numbers of shells printed at a time to save money, which then had to be stored. Sometimes people ordering them had to wait until we had an order big enough to be worthwhile printing. Also, in order to make them available online, each and every one had to be reformatted so the information would display in the right order and could be printed at home as an A4.

Here’s what one currently looks like:



The old “shells”.

That was then, and this is now. Today, “just in time” works better – we don’t have to predict what we think we’ll need well in advance and commit storage space. Printing relatively small batches on the new template is actually cheaper, quicker and certainly more convenient. It also looks a bit more cool and groovy. An increasingly important added benefit is that they will now be able to be posted online without having to completely reformat them.

The ordering process is still through oracle as before for now. What you will receive will have the same content but will look slightly different, and now you know why.

Here’s the new look. We are aiming at simple but effective.



Please look out for the new look next time you place an order, and perhaps make allowances for the new processes to bed in before the benefits really start to kick in. Remember, the biggest waste in our health system is time. This takes less of it, enabling us to spend more time on the things that directly benefit people.

Application for Logging Tickets with ISG has Changed

On 6 May 2014, the "IT Service Desk" application used by ISG to manage jobs and tickets was replaced.

The intranet portal for the replacement application is still able to be accessed the same way from the CDHB intranet home page, but has a different look and feel.

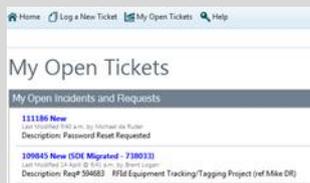


Accessing IT Service Desk from CDHB Home Page



New Service desk portal home page.

Any open tickets that you had on 5 May 2014 have been migrated across to the new application.



Migrated tickets show both the ticket number in the new system and the old ticket number for that job in the SDE application.

Tickets closed on or before 5 May 2014 have been migrated across as well, but will only be visible to ISG staff.

The following link provides a quick reference guide on the use of the new Service Desk portal (hold the <Ctrl> key down and click on the link to open it):

<http://cdhbintranet/corporate/Supportandtraining/Documents/Cherwell-Quick-Reference-Portal.pdf>



New Recruit Health System and Essential Information Orientation' healthLearn

Our Corporate Orientation was changed on 10 March. It now has been re-created to inspire and convey key CDHB information in the most effective way possible.

Orientation now consists of the following:

A Health System Orientation

The Health System Orientation is a new half day orientation fronted by our GM's and EMT leaders that present our health system vision, value and key strategies and a snapshot of current and future events. New recruits then engage together around key activities to discuss how they in their role can add value to the overall strategies of our health system.

An Essential Information Online Orientation

The Essential Information Online Orientation is delivered through our healthLearn online learning system and covers key information around shared services such as payroll, security, wellbeing as well as fire training, infection control and health and safety training. Logons for this online orientation are sent to the new recruit through their email account after they attend the face to face Health System Orientation.

Both these orientations are compulsory for all new staff members and are run every fortnight for around 40-60 people. The Essential Information Online Orientation can be completed at the new recruits own pace but must be fully complete within 1-2 weeks of attendance at the Health System Orientation.

If you have any questions, feedback, issues and suggestions the L&D team would be happy to help. Contact Chris Dalglish on Phone: 337 8968 or DDI: 68968.

One minute with...Matt Elliott, CDHB Webmaster

What does your job involve?

I'm the Webmaster at Canterbury DHB which sounds like a character from Star Wars or Harry Potter, but in reality I don't cast spells or wave a light saber around, I manage and advise on the use and development of our websites. The role of DHB Webmaster is fairly new, I am based in the Communications team and work closely with Information Services Group and other departments.

The role is not really about coding or IT systems, using the web (especially in such a large organisation) is more about applying broad skills and knowledge combined with a lot of teamwork... from clinical staff including doctors, nurses and allied health teams, to quality facilitators, to developers, to the CEO. So you could say that a Webmaster is primarily a facilitator, the person who joins it all up and makes it happen.

Why did you choose to work in this field?

I have a particular interest in design and technology and a passion to use websites to improve people's lives and workplace environments.

What do you love about it?

Using the web to provide better outcomes for people. As a user you can sometimes feel great "flow", where a website or new technology such as your iPhone is incredibly intuitive and effortlessly easy to use – it's almost like someone considered every aspect of it!

The reverse is that you notice in a split second that the website you are using is not fit for purpose and are annoyed at the lack of consideration and care given to it. We can certainly utilise the web as one vehicle to provide positive outcomes for our patients and community.



Matt Elliott



What are the challenging bits?

As my role is new it takes time to build the systems, relationships and support structures to be able to deliver effective website operations for CDHB.

Another challenge is to keep our website technology and services continually evolving to meet our staff, patient and community needs on finite resources... we're not quite there yet, but we have great potential to evolve our services in the near future.

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

Really anyone who shows a passion for their work and cares about what they do, that's what I admire most... there's not a day that goes by when I don't reflect on this.

The last book I read was...

I'm a sucker for hard boiled pulp fiction and have read all of Lee Child's anti-hero Jack Reacher novels. I've just read his latest. Child has a compulsively easy writing style that makes his novels "unputdownable"... I'm now reading a book about using DNA to illustrate the origins of the British.

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

Home... I'd like to be looking out towards the sea on a bright blue sky morning with my partner Lindsay and a fresh cup of coffee in my hand... that was my Christmas Day morning. (See photo above.)

My ultimate Sunday would involve

Arsenal winning "the double" on the same day as my five-a-side football team, Active Intent, winning our league. It would be hard to top that testosterone rush... but on current form it's highly unlikely.

One food I really dislike is

Bad school meals put me off eating liver and kidneys for life.

My favourite music is...

I'm currently mostly listening to The Attic 96.1 on the radio. They seem to specialise in cerebral retro electro music with a hint of 80s/90s nostalgia; Grimes, Chromatics, The Cure, some of the more melodic Drum and Bass. I've really enjoyed the New Zealand bands that I've seen live... Six60 and memorably Shapeshifter during an earthquake!

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

Naomi.Gilling@cdhb.health.nz



International Nurses' Day

International Nurses' Day is fast approaching and [Canterbury](#) has a lot to celebrate.

Mary Gordon, Canterbury DHB Executive Director of nursing, says each year all nurses from across our health sector are invited to attend the celebration for International Nurses Day.

"International Nurses Day (IND) is celebrated every year around the globe on 12 May, which is the anniversary of Florence Nightingale's birth. The theme this year is 'Nurses: A Force for Change – A Vital Resource For Health'."

[Read full details on our website.](#)



Each May, Deaf Aotearoa organises New Zealand Sign Language (NZSL) Week. The week is a celebration of one of the New Zealand's official languages, New Zealand Sign Language (NZSL). NZSL Week helps promote the language as well as raise awareness about New Zealand's Deaf community and the issues/challenges its members face each day.

The awareness week is a chance for the Deaf Community to stand proud as Deaf and promote their language and culture. NZSL Week is a chance for Deaf New Zealanders to 'put their hands up' and be 'heard'.

CDHB has previously had free sign language sessions provided by Deaf Aotearoa but none are organised this year due to a number of factors. The CDHB Communications Guide has a section about communicating with people who are deaf or hearing impaired. Read this [here](#).

If you are interested in learning sign language you'll find more information [here](#).

Also, for NZ Sign Language week All Right? have teamed up with Van Acsch Deaf Education Centre. Every day next week a video of a student signing a wellbeing message will be shown on the All Right? Facebook page (www.facebook.com/allrightnz). Please have a look and practise it yourself!

Healthy Christchurch



Lunchtime Seminar: Putting doubt in its proper place and 15 other news items from Healthy Christchurch. [Read more...](#)



HEALTH QUALITY & SAFETY
COMMISSION NEW ZEALAND
Kupu Taurangi Hauora o Aotearoa

E-UPDATE

Your fortnightly update from the Health Quality & Safety Commission



Reducing Perioperative Harm Programme update

Improving teamwork and communication within the perioperative environment is the key focus of this improvement programme. The Commission is focusing on three proven interventions to reduce harm to patients; undertaking a briefing session, and a debriefing session for every list; and using the surgical checklist for all operations.....



Open for better care

Perioperative harm launch

In April, the *Open for better care* national patient safety campaign changed its focus to reducing perioperative harm. The *Open* campaign partners with the *First, Do No Harm* campaign in the Northern Region. Pictured left is the level 4 operating theatre team at Auckland City Hospital at their perioperative harm focus launch activity.

More in weeks to come about what we're doing here in Canterbury.

[To read the full newsletter click here.](#)

Staff Wellbeing Programme – Play challenge – registrations now open for latest Tracksuit-inc challenge

Play Challenge – Registrations now open. To register, simply go to www.tracksuitinc.co.nz and enter the Company Code: dhbstaffwellbeing. More information available on the Staff Wellbeing Programme intranet page.

Zumba – new class/instructor at TPMH Wednesdays 1630hrs in the Riley Gym. No need to register – just turn up – leotard and leg warmers optional J

Yoga – new class at Community & Public Health Mondays 1715hrs in the Aoraki Room. Contact Nadia to secure a place nvbartholomew@googlemail.com

Wellbeing Workshops for managers/supervisors

A handful of places are still available for the following workshops. Community & Public Health May 14, Ashburton May 22

For more information on what the workshop covers and details about how to register, visit the Staff Wellbeing Programme intranet page

<http://cdhb.intranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

Staff Wellbeing Programme intranet page

<http://cdhb.intranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

Check out this page for information on yoga, Zumba, Pilates, mindfulness, 30 minute walk 'n workout groups, Earthquake Support Coordinators, Finance/Retirement seminars, Employee Assistance Programme (EAP - free counselling for staff), and more...

Updated **Something for You employee benefits** – recently updated on the Staff Wellbeing Programme intranet page. Contains a large number of discounted products and services for CDHB Staff.

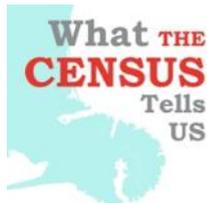
Andy Hearn

Staff Wellbeing Coordinator
Canterbury and West Coast DHB

Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 290 0937

andy.hearn@cdhb.health.nz





What the Census tells us

The Canterbury and West Coast DHBs have released a quick snapshot of the latest census data available.

Statistics New Zealand is yet to release all of the data from the 2013 Census, but early results of the census indicate how the profile of our population has changed. Consideration of these changes is crucial to the planning of future health services in Canterbury and the West Coast.

[Click here for Canterbury data.](#)

[Click here for West Coast data.](#)



Road Safety Week

Road Safety Week is coming up on 19 May. There are many distractions when using a road. Drivers, cyclists and pedestrians should not use ipods and cellphones so that they can give full concentration to their transport and others on the road. If we look out for each other we can ensure everyone gets to where they are going safely. I See You is better than I.C.U. Lets decrease the toll of trauma and death on our roads.

[Click here to take the driver distraction survey.](#)

For more information on the week go here -

<http://www.brake.org.nz/roadsafetyweek>.



The third APAC forum offers innovative ideas and leading-edge solutions for clinicians, managers, policy-makers and academics seeking to deliver the highest quality healthcare with finite resources and seemingly infinite demand.

Join hundreds of healthcare decision-makers this September for Asia-Pacific's premier healthcare conference.

Hear from high-profile international speakers and participate in a packed programme of intensive sessions, workshops and plenaries.

Go to <http://apacforum.com/> for more information.

Department of Psychological Medicine, University of Otago, Christchurch & Specialist Mental Health Service, CDHB Clinical Meeting

Tuesday 13 May 2014

12:30 pm – 1:30 pm

Venue: Beaven Lecture Theatre, 7th Floor, University of Otago, Christchurch School of Medicine Building

"CAF Early Intervention Psychosis Team; challenges in diagnosing and working with major mental illness in the young"

Presenter: Dr Julie Fitzjohn
Chaired by: Dr Bill Watkins

Special notes:

These meetings will be held on a weekly basis (except during school holidays) and the details of the next meeting will be emailed to you in advance.

A light lunch will be served at the School of Medicine venue from 12 noon.

Psychiatrists can claim CME for attending these meetings.

The sessions will be broadcast to the following sites: For **TPMH** attendees the venue is the **Child, Adolescent and Family Inpatient Unit, Ground Floor**. Access is from the main reception at TPMH.

For **Hillmorton** attendees the venue is the **Lincoln Lounge, Admin Building, Hillmorton Hospital**. The dial in address is: **Psych Med Grand Round**. If you have difficulties dialling in please call **0800 835 363** to be connected.

Celebrating Volunteering

'Diverse, Dynamic, and Damn Good Fun'

Wednesday 18 June, 10am-5pm

Function Room, Civic Offices, Worcester Boulevard

A free full day's programme of speakers and displays, including Volunteer Recognition Awards.

Everyone is welcome.

See [programme details here](#). See also poster at end of this update.

ceo update

Brackenridge Community Choices Gardens



Come and see for yourself how Brackenridge is helping disabled people live better lives

Open Day

Wednesday 14 May 2014, 10.00 - 2.00

Community Gardens

180 Smith Street, Linwood



Community Education Seminar May 2014

BEHAVIOURS AND DEMENTIA

Increase your understanding about why certain behaviours may occur when a person has dementia and helpful ways to respond

Sally McPherson, a nurse specialist from The Princess Margaret Hospital, will discuss behaviours associated with dementia that may challenge others, causes of these behaviours, and appropriate strategies for responding.

There will be time for questions.

Everyone welcome

Date: Wednesday 28 May
Time: 10.30am – 12 midday
Venue: Alzheimers Canterbury Meeting Room
314 Worcester Street
Linwood
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*Making life better for all people affected by dementia
Kia piki te ora m o ngā tāngata m ate pōrewarewa*





*A CDHB led intersectoral partnership
with 200+ signatory organisations*

You are invited to join us at a lunchtime seminar

Putting Doubt in its Proper Place

***A talk by Canadian speaker, and humanitarian
Sukhvinder Bindra***

"Whether you think you can or think you can't – you are right" – Henry Ford

How much inspiration has been undone by self doubt?
What more could you do if doubt was defused?

About Sukhvinder

- A successful entrepreneur – at age 22 was a senior partner in a CA firm with 40 staff
- By his mid 20's was the founding CEO of a multi million dollar restaurant franchise with 45 branches in the UK
- After a surprise meeting with world-renowned humanitarian leader, Sri Sri Ravi Shankar, founder of Art of Living, led to a change of direction for Sukhvinder.
- His focus now is to impart knowledge of the mind and his work has taken him to war-torn Africa, as well as meeting Prime Ministers and other international dignitaries across the globe.
- Sukhvinder has also received a standing ovation at the United Nations for his speech on eradicating poverty

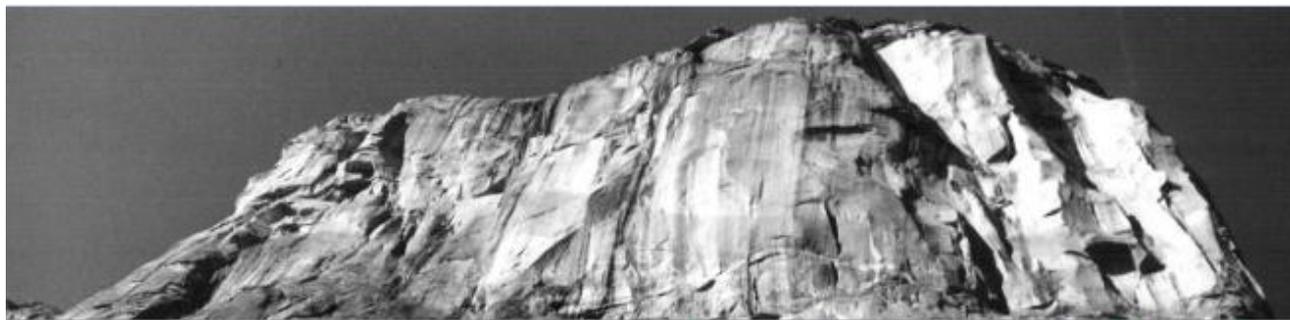
Date: Wednesday 21st May 2014

Time: 12noon to 1pm

Location: 310 Manchester Street, Community and Public Health, Aoraki Room

Booking essential – please email Canterbury@artofliving.org.nz or phone 0508 ART OF LIVING

Please bring your lunch. Coffee and tea available.



- ☑ Inspired by a great idea?
- ☑ Put together a plan?
- ☑ ...now facing those inevitable hurdles?



How to Keep Going When the Going Gets Tough

A talk on mental toughness by Sukhvinder Bindra

"It always seems impossible until it's done" - Nelson Mandela

11am-12noon, Thursday 22nd May

About Sukhvinder

- An inspiring speaker once given a standing ovation at the United Nations for his stance on eradicating poverty
- A successful entrepreneur – at age 22 he was already a senior partner in a CA firm with 40 staff, and by his mid 20s the founding CEO of a multi-million dollar restaurant franchise with 45 branches in the UK
- A surprise meeting with world-renowned humanitarian leader, Sri Sri Ravi Shankar, founder of Art of Living, led to a change of direction. His focus now is to impart knowledge of the mind, and since then Sukhvinder's work has spanned war-torn Africa to meeting Prime Ministers and other international dignitaries across the globe.

Booking Essential - please email your interest to canterbury@artofliving.org.nz ph 0508 ART OF LIVING

Venue: Community & Public Health, 310 Manchester St, Aoraki Room

Seating is limited. Entry by donation



PARTICIPANT GUIDE

DURATION

The Play Challenge runs for one week (5 days, Monday – Friday)

START DATE

The challenge begins on Monday 19 May 2014

WHAT IS INVOLVED?

The Play Challenge is a one week team challenge designed to engage you in the lost art of play. Play connects us to others; it fosters our creativity, stimulates our imaginations, makes us happy, helps to trump feelings of loneliness, isolation, anxiety and helps to develop our social skills. This challenge will involve being creative using both your body and your mind, so be ready to smile, laugh, and have fun!

PRIZES

Every participant who enters each daily activity will be entered into a final individual prize-draw to win a \$1000 travel voucher and every team of four who enters all daily activities will be entered into the final team prize-draw to win a \$150 Red Balloon voucher, each!

You can also play 'Spin the Wheel' each day of the challenge to be in to win some other great prize opportunities throughout the challenge also including restaurant vouchers, fruit and vegetable hampers, iPod shuffles and Rebel Sport vouchers!

SIGN ME UP!

Gather your team of four*, come up with a clever team name, nominate a 'Team Captain' and register from Monday 5 May on [tracksuit-inc](#) (please go to the Staff Wellbeing Programme intranet page or [www.tracksuitincive.co.nz](#) and enter the company code: [dhbstaffwellbeing](#)). Enter your email addresses and you will all receive a confirmation email with your individual username and password.

Register your team before Friday 16 May and your team will automatically be entered into the prize-draw to win a \$50 prezzie card, each!

*Teams of four: Please remember, family members are welcome to participate in the challenge and can make up your team!

CHECK IN

Log on to the Health Challenge website ([www.healthchallengelive.co.nz](#)) on the day that the challenge begins (19 May) to get the details of your first activity and then log on every day thereafter for the five day duration. Each team member is to enter their responses to the activity each day onto the site to score points and get feedback.

CHECK OUT

Log on to the website each day to check out:

- The challenge calendar – flick back through the days to enter your scores for previous activities.
- The noticeboard for any special messages including prize opportunities and winners.
- The leaderboard – check out where your team is sitting within the ranks!

CHECK YOUR EMAIL

Every day we will send you an email which will include a link directly to the Health Challenge website and updates on the activities and regular prize-draws! Check your inbox each day from 19 May for more info.



FREE GROUP FITNESS CLASSES

Monday 12th - Sunday 18th May



NEW MUSIC, NEW MOVES! NEW CHALLENGE...



MOORHOUSE

Ph 03 366 2221

Level 2, Harvey Norman Centre,
Cnr Colombo St & Moorhouse Ave

NORTHWOOD

Ph 03 375 9110

1 Radcliffe Road,
Belfast

View class times at www.cityfitness.co.nz/timetables

**Special CDHB employees offer for May
No joining fee and pay nothing until 1st June**

VOLUNTEERING CANTERBURY PRESENTS

**CELEBRATING
VOLUNTEERING**

DIVERSE ☆ DYNAMIC ☆ DAMN GOOD FUN

Wednesday 18th June 2014

10am - 5pm

.....
Civic Offices
Worcester Boulevard
.....

www.volcan.org.nz
03 366 2442

