



Farewell to a leader and advocate of innovation

Her farewell function was held last week, and it felt a bit like being on the set of "Stella Ward, this is your life." Her family there who shared with us that Stella was talking at seven months, fiercely independent, and at age 10 had drawn up a list of what she wanted to be when she grew up: Speech Language Therapist was #2. We never did find out what was top of the list! I doubt there is one title to describe Stella's stellar portfolio and achievements during her 10 years with Canterbury DHB.

A large number of speakers all told a consistent story of their various interactions with Stella. Some of their comments and words are represented in the word cloud pictured, which are a real credit to Stella and the way she's worked with so many people

to achieve positive outcomes for the Canterbury and West Coast DHBs' health systems.

Stella trained as a speech language therapist and has worked in the public health system, private practice, education and welfare. She had held

executive leadership roles in a number of DHBs before starting in Canterbury in 2010. She held the position of Executive Director of Allied Health Technical and Scientific before taking up the position of Chief Digital Officer for both Canterbury and West Coast DHBs.



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Stella's strategic leadership and governance has ensured that current and future technology contributes to the transalpine vision of an integrated health system – with one system and one budget and standardised systems designed around the needs of people.

Stella held a number of executive portfolios including Te Papa Hauora (the Health Precinct) and Health Innovation (Via Innovations). She co-led with Ara the governance of the build and fit out of Manawa. She is also a board member of the New Zealand Health Innovation Hub. She has been a leader and advocate of innovation to accelerate smart ideas, products and services to improve health outcomes.

Every IT challenge is also a people challenge, so it's important to bring people on the journey when implementing technology changes that affect the way they work. During her time leading the Information Services Group, she established a culture of performance. She was responsible for the Digital Health System vision and ISG's Strategic and Operational Plan including leading the largest ever procurement and implementation of e-health systems.

Stella provided leadership in regional and national forums as Chair of the National Directors of Allied Health and lately as Chair of the National Data and Digital Forum.

Our TransAlpine health system has benefitted in many ways from Stella's knowledge and leadership over the past 10 years, and we wish her all the best for the future.



Chief Digital Officer Stella Ward at her farewell last week

As mentioned in last week's *CEO Update*, Savita Devi, who is currently our ICT Services Manager, has stepped into the role of Acting Chief Digital Officer (Canterbury and West Coast DHBs) while the recruitment process takes place.

National Bowel Screening Programme comes to Canterbury

I am delighted to be able to confirm that the National Bowel Screening Programme will officially go live in Canterbury this Thursday 29 October.

From mid-November, Canterbury people aged 60 to 74 will begin receiving test kits in the mail. In Canterbury 90,000 people will be eligible to take part during the first two years of the programme.

The test kit itself is about the size of a large USB stick and is designed to pick up tiny traces of blood in the faeces which is indication that we should investigate further.

This is great news for our community and a day worthy of celebration for the clinicians who originally advocated for a bowel screening programme in New Zealand, and for our staff, clinical and non-clinical, who helped prepare our health system to participate. Thank you all for your energy and commitment which quite literally will save lives.

Based on the typical test return rates seen in other DHBs, we anticipate we will detect 100 cancers in the first year alone and because they have been detected early through

the screening programme and treated, those people have a vastly improved probability of a good outcome.

We will also detect and remove 1000 pre-cancerous growths in the first year.

Under the programme, those in the 60 to 74 age group with a birthday on an even date (2, 4, 6 of the month, etc.) will receive a test kit on or near their birthday. People with odd-date birthdays will receive their test kit during the second year of the programme.

The purpose of the screening programme is to pick up on bowel issues that might otherwise remain undetected. People of any age who already have concerning symptoms, such as sustained, unusual bowel movements or blood in their faeces, should seek advice from their general practice team. If they happen to be 60 to 74, they should not wait for their test kit to arrive.

Effective communications and community engagement are key to the success of our programme. From mid-November, expect to hear about the programme on the radio, or read

about it online and in print media – including our own community magazine, *WellNow Canterbury*, which will arrive in mailboxes at around that time.

Engagement with our priority groups – Māori and Pasifika people and people who live in areas with typically lower incomes – is critical and has already begun. We have been working with an Equity Advisory Group for some months now, whose purpose is to advise us on how best to engage with those priority communities so that as many people take and return the test as possible.

General practice teams too have already been provided with information about the programme and with resources to support them to have conversations with patients. Some practices will proactively contact patients in the target age band, while others, where appropriate, will raise the issue with eligible people who come for a consultation on a different matter.

Lastly, and perhaps most importantly, we need people to be talking about the programme and for whānau and friends to be encouraging eligible people to participate. The right words from someone you trust and respect, or from a loved one are the most potent and persuasive tool we have. Which is why I leave you with some ways you can help make a difference and perhaps save a life.

- › When and where appropriate, discuss the programme with patients in the eligible age band, especially if they are from one of our priority groups.
- › If you are 60–74 years old, look out for the kit. When you receive it, use it, attach the unique label that identifies the sample as yours and post it back straight away.
- › If you aren't 60–74, tell your whānau about the National Bowel Screening Programme and encourage anyone you know in that age range to look out for their kit.

Facts about bowel cancer and the programme

New Zealand has one of the highest rates of bowel cancer in the world and 1200 people die from this disease each year. It is the second most common cause of death from cancer.

The disease typically affects older people, which is why the programme is aimed at people aged 60 to 74.

Since it began in New Zealand just over three years ago, the programme has screened more than quarter of a million people and detected more than 700 cancers early enough for successful treatment in 90 percent of cases.

Progressing our programmes of work

Over the past week or so I have met with different groups around the organisation and continue to learn more about Canterbury's integrated health system.

Our focus continues to be on maintaining our great clinical services and progressing our priority programmes of work. This includes working towards moving safely into Christchurch Hospital Hagley in the coming weeks, and progressing the [Accelerating our Future](#) programme. Both the migration and Accelerating our Future provide the opportunity to look at how we can adapt and change our ways of working in order to achieve the best outcomes for our community while also cultivating an efficient and cost-effective health system.

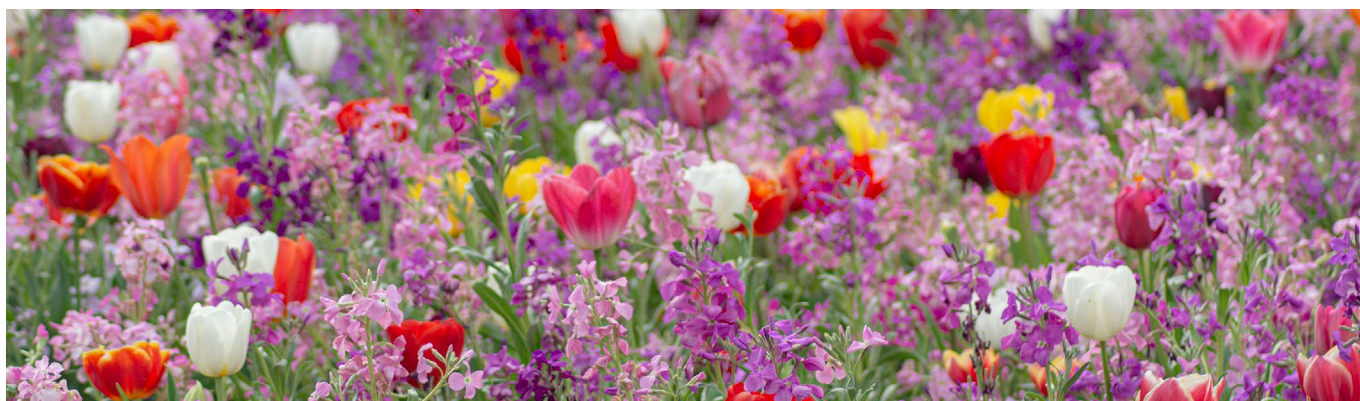
Ngā mihi nui



**Andrew Brant, Acting CEO
Canterbury District Health Board**

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



Bouquets

Emergency Department, Christchurch Hospital

Thank you so much to the Emergency Department team for the care of my family member. They went above and beyond. Special thanks to Nurse Chelsea, she was so kind, caring and full of compassion.

Gastrointestinal Endoscopy Unit, Christchurch Hospital

I would like to say a big thankyou to Dr Sarah Abbott and the nursing team in the Gastrointestinal Endoscopy Unit. They were awesome from the get go, friendly, open and thoroughly professional, and so I was relaxed about the procedure throughout. I can't overstate how much I appreciate the team's attitude. I'm sure they get a lot of positive feedback, but I just wanted to put in my 10 cents worth. They're doing a great job. Thanks again.

Belinda, main reception, and Intensive Care Unit (ICU), Christchurch Hospital

I wish to extend my heartfelt thanks to Belinda at main reception, and to the team in ICU who saved my husband's life twice. Belinda is an asset to the hospital with the compassion she showed towards me, and as for the rest of the staff, I cannot thank them enough.

Maternity, Christchurch Women's Hospital

I would like to say thank you to the medical team who helped me and my baby during delivery. To Nurse Joosun, thank you so much for the care you gave us. I can't thank you enough for the support and care. Thank you for making me feel special the way you treated me. You are one of the best. You are really born to be a nurse because of your caring attitude, not only that but I must admit you made the best toast I ever tasted! Thank you and may God bless you always. Also, to the nurses, midwives and doctors who looked after us in Maternity, thank you so much. Special thanks to Nurse April who is very empathetic and dedicated and who showed me she really cared. Thank you to Nurse Jessa who is very good in her assessment skills

and noticed that my baby was not getting enough milk. Thanks also to Nurse Gevai who was very helpful. Also, to Amanda who responded very well to concerns I raised. Having a skilful, empathetic, kind, and loving medical team looking after you speeds up recovery and eases the pain you are suffering. Thank you so much for everyone who helped us on our stay.

The following (abridged) compliment was first published in The Press 'Letters to the Editor':

Ward FG, Burwood Hospital

I would like to thank very much all the staff on Ward FG at Burwood Hospital where I received excellent care and consideration. Nurses were kind and considerate at all times. The meals were of a very good standard, with options, and well presented. Medical staff were on hand at all times. I can't remember the number of times I had to give my full name and date of birth – checking to see if it was the right person and the correct medication. The pre-operative meetings were thorough and made me feel at ease.

Big Shout Out

Health and Safety Advisor Gareth Shaw and the Mask Fit Testing Programme team

Thank you to Gareth and the team organising mask fitting. This is an essential service that is welcomed by the respiratory service. I found the whole process very professional and, more importantly, very reassuring.

**From: Respiratory Senior Medical Officer
Richard Laing**

#carestartshere

Hīkina to Hagley

MIGRATING TO CHRISTCHURCH HOSPITAL HAGLEY

Orientation update

It's great to see so many staff making their way through the Christchurch Hospital Hagley building and becoming familiar with their workspaces. So far, more than 3,000 staff have completed the online [healthLearn module](#), and 2,115 staff have been on an orientation or training tour. Nearly 4,000 staff are booked in for a tour. If you will be working in the building or moving over with your ward or service and you haven't completed a tour yet, please book through your line manager, or the healthLearn platform (for medical tours), or email Rebecca.Syme@cdhnb.health.nz if you're having trouble doing so.

Wayfinding tours will begin next week for staff who won't be permanently based in the building but will work at Hagley at some stage or otherwise need to know their way around. These wayfinding tours will take around two hours and, again, can be booked through the healthLearn module once the module has been completed. Nearly 300 staff are booked to complete a wayfinding tour.

The healthLearn module takes around half an hour and contains important information that you need to know before you go into the building for the first time, particularly about how to get around and emergency procedures.

Lifts

As we begin to make our way through Hagley, it's important to be familiar with the way the lifts operate. While the normal operation doesn't differ from that of lifts across the rest of the campus, there is one significant difference to the service lifts in Hagley, and that is the external card readers.

Important: Do not use the card reader on the outside of the lifts unless it is an emergency.

The swipe reader on the outside of the lift prioritises your location and brings the lift directly to your floor. This is only on Lifts 1, 3, 8, 9 and 12. On arrival all passengers in the lift will need to exit and find an alternative way to complete their transit. The lift will then hold for four minutes at the floor. The user who swiped the card reader on the outside must swipe the card reader on the inside of the lift to release the lift. If not swiped within four minutes after being called, the lift will revert to normal use.

Lift uses

Lifts 1, 2 and 11 only are for mortuary and other services like linen and waste. These lifts should never be used to transport food.

Lifts 3, 7 and 8 may be used for food and should never be used for mortuary transport.



Security Manager Richard Boyce shows how to use the lifts in this video above



Lift buttons in Christchurch Hospital Hagley

Lift uses (continued)

Lift 1 is the jumbo lift allowing access by a full team with a bed.

Lifts 2 and 3 access the Helipad and may at times be locked off for emergencies.

Lift 10 is predominantly a Sterile Services lift that runs between the Lower Ground and Levels 1 and 2.

Lifts 11 and 12 are on the south-east corner of the building and go between Lower Ground and Level 2.

Lift 13 is a small lift beside Lift 10 which runs between Level 1 theatre and Sterile Services on Level 2. It is used for sterilised instruments to go to theatre from Sterile Services.

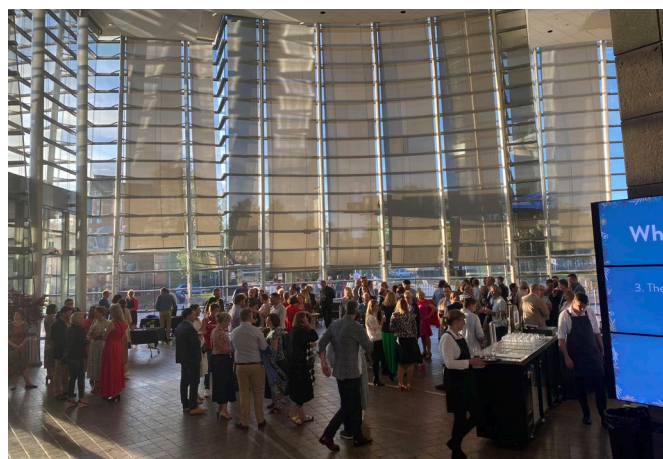
There are [new videos about how the lifts work](#) on the [Hikina to Hagley Sharepoint site](#) featuring Security Services Manager Richard Boyce. Please check them out.

Terrace Garden Party a success

Around 150 people attended the Hagley Terrace Garden party on Saturday night, raising money for the planned garden that will be on the terrace on Level 3 between Tower A and Tower B.

We are already well on our way to making the garden a reality, with around \$120,000 raised in donations and services in kind. We would like to thank all our sponsors who have readily and happily come forward to help our garden grow and give a shout out to our staff who are working behind the scenes to bring this important project to life.

Fundraising activity will continue over the coming weeks so keep an eye on the [Facebook page](#) and [Instagram account](#) to keep up to date. Donations can be made through the [Māia Health Foundation website](#).



Supporters of the Terrace Garden fundraiser filled the Christchurch Art Gallery on Saturday evening



A display at the fundraiser shows the vision for the Hagley Terrace



Chief of Radiology Sharyn MacDonald and Landscape Architect Tony Milne welcome guests

Initiatives to help clinical staff address family violence

A flipchart in 13 languages has been developed by Canterbury DHB's Child and Family Safety Service (CFSS) and Family Violence Champion Stephen Truscott to help clinical staff's conversations with patients about partner violence.

The flipchart is one of three innovative initiatives being rolled out by the CFSS, says Clinical Manager Child and Family Safety Service, Tiaki Whānau, Pene Kingsford.

The CFSS, in partnership with the Canterbury DHB Violence Intervention Programme champions, and Stephen, have created the Intimate Partner Violence (IPV) routine enquiry questionnaire as a flip chart.

The chart is available in 13 languages: English, Arabic, Chinese (simplified and traditional), Farsi, Fijian, Hindi, Japanese, Korean, Maori, Punjabi, Russian, Samoan and Spanish. These will be distributed to key clinical areas through ward family violence champions and ordering will be co-ordinated through contacting the CFSS Family Violence Specialist Fleur Pagan.

"These will assist in supporting staff to normalise family violence enquiry questions as part of routine healthcare. We know that most women who attend hospital do appreciate being asked, along with any men we suspect are experiencing family violence."

The flipcharts are a time saving, effective tool to support clinical staff to screen for IPV within a broader context.

"They also curb barriers to family violence screening, such as language, and children being present, meaning that women can point to their situation rather than verbalising it," Pene says.

Canterbury DHB is committed to a whole health system approach to the issue of family violence in recognition that family violence and IPV are important health issues. Prevalence rates of violent victimisation are higher among those attending health care services compared with people in the general population.

"Health care providers are ideally placed for early identification of and intervention in family violence because most people use health services at differing times in their lives. Groups identified as being at higher risk of victimisation from IPV include: women, Māori, people with disabilities, and gay, lesbian, bisexual and transgender people."

Another initiative is comprehensive IPV routine enquiry questions have now been placed on the initial Nursing



From left, Emergency Department Fellow Kenneth Lo, Family Protection Specialist Fleur Pagan and Clinical Manager Child and Family Safety Service Pene Kingsford

Assessment form in Cortex. This is soon to be rolled out in Paediatrics, Gynaecology and the Emergency Department (ED).

"It will support staff in asking comprehensive IPV questions and the steps to take when a positive result is disclosed. This information gathered will also help Canterbury DHB in being able to audit and obtain accurate data on IPV impacts within the Canterbury Health System," Pene says.

In the third project, the CFSS has worked alongside ED Fellow Kenneth Lo whereby victims or suspected victims of IPV are given a packet of tissues with a barcode that provides the national telephone number for [Areyouok.org.nz](https://www.areyouok.org.nz).

"The Christchurch Hospital Volunteers have kindly funded this. Again, these tissues will be available in key clinical areas."

The CFSS provides, among other services, consultation, support and training for health staff where there is child protection, family violence and elder abuse concerns within the Canterbury DHB area. The service is a multidisciplinary team of paediatricians, clinical nurse specialists, psychologists, and social workers based at Christchurch Hospital.

If you would like further information, support, training or guidance in IPV, child abuse and neglect, sexual assault or elder abuse you are welcome to visit CFSS and one of the team will help, or you can phone on 364 0905 or extension 80905.

Top award for dietitian

Dietitian Sally Watson has been awarded Dietitians New Zealand's highest honour – the Award of Excellence.

This award was established in 1990 and recognises outstanding contributions by dietitians to the advancement of the profession of dietetics.

Sally says receiving this award was an unexpected but wonderful surprise.

"It's truly special to be recognised by my profession in this way and I'd like to thank the talented and inspiring local dietitians who nominated me for this award. I've been lucky to have a variety of different dietitian roles over the years, which has enabled me to share my passion and knowledge about eating well with many people, including patients, the general public and other health professionals."

Canterbury Initiative Team Leader Erin Wilmshurst says most people know Sally in her role as the HealthInfo Service Development Manager, however, she has held a number of roles in the Canterbury Initiative over the past eight years, including Dietitian Liaison, Project Facilitator, and Clinical Editor.

All of these roles complement her HealthInfo role and her work as a dietitian working in private practice.

"Sally builds trust and respect through being reliable and conscientious. She is known within our team as being highly efficient, capable of balancing a number of projects at one time and delivering what is agreed."

She is very willing to help others and provide guidance and act as a mentor of the wider HealthPathways and Canterbury Initiative team.

"We are very proud of Sally and want to share our congratulations, especially as COVID-19 prevented Dietitians New Zealand holding their annual conference, which would have included a presentation," Erin says.

Sally is very skilled at working across the project spectrum. She connects well with people to understand the problem, succinctly defines and agrees the scope, identifies a pragmatic solution, including evaluation methods, and then delivers that solution alongside providing support for implementation.



Dietitian Sally Watson

Using her skills and strengths in her work for Canterbury Initiative, Sally has been instrumental in developing and delivering a number of projects, for example:

- › Establishing a single point of referral for requests for dietetic support
- › Writing and contributing across the HealthPathways programme as a clinical editor and dietetic subject matter expert, for Community HealthPathways, Hospital HealthPathways, AlliedHealthways and HealthInfo
- › Trialing, evaluating and establishing a community FODMAP programme.

Prior to working for the Canterbury Initiative Sally worked as a public health dietitian at Older Persons Health at Canterbury DHB for 10 years. In that role she led the Healthy Eating, Health Ageing team. Her achievements included publishing research on nutrition risk screening in older people living in the community and winning Canterbury DHB's Quality and Improvement and Innovation Award for the Senior Chef programme in the Improved Health and Equity for Populations category.

Answering the call to be a COVID-19 case detective

Mitchell Jordan feels a bit like a detective.

As a Smokefree Health Promoter, it's not a statement he would have considered prior to becoming a COVID-19 case investigator.

Mitchell was among those who answered Community and Public Health's calls to join the Case Investigation and Contact Monitoring/Management teams.

After completing the mandatory online training, which required Mitchell to learn all about the COVID-19 virus, privacy, and get used to the national data system, he joined the nationwide COVID-19 response team.

"As a case investigator I have to ring and interview people with COVID-19 to find out about where they have come from and who their potential close contacts are."

"It's about trying to ascertain who they got it from and who they could give it to," says Mitchell.

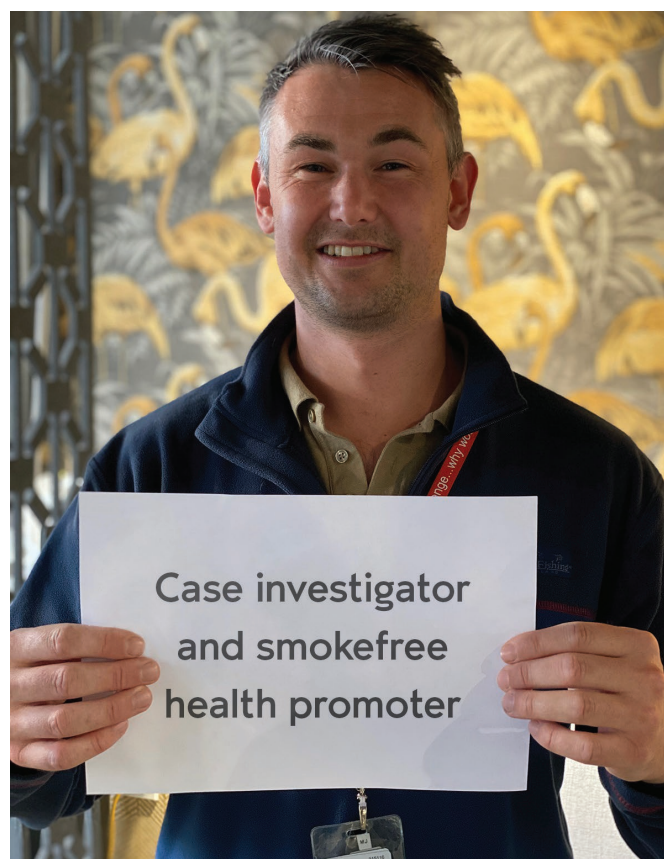
It was this piecing together of people's movements that excited Mitchell.

"You have to have a detective mindset – you've got to talk to them and draw out the right information."

Mitchell says it's been a great learning experience for him and has connected him to colleagues he never would have worked with otherwise.

"I love it – I now have two great jobs. I'm grateful for the opportunity to learn and try something new. It feels amazing to be able to contribute to part of something so important – and know you have made a difference to our public health response."

The role has taught him about the importance of working together across the health system.



Smokefree Health Promoter turned COVID-19 case investigator Mitchell Jordan

"It's really highlighted to me that we work with such an amazing group of people – everyone is so different and we each bring a lot to the table. It's a really supportive, passionate and talented team."

Celebrating the valuable work of occupational therapists

Reimagine
doing...
#worldOTday

It's World Occupational Therapy Day today, an occasion that was first launched on 27 October 2010.

Since then, it has become an important date in the Occupational Therapy (OT) calendar to promote and celebrate the profession.

OTs are trained problem solvers with a deeply entrenched holistic background and their core business is getting people out of hospital safely, enabling them to return to their own homes and live as independently as possible, says Chanel Farrelly.

Without OT intervention many people would be unable to return to their homes, have a longer-than-necessary stay in hospital and be forced to look at discharge to a supervised environment, such as a rest home.

"As a result, OTs save Canterbury DHB and the government a large sum of money each year by working with patients and problem-solving difficulties that may prevent them going home."

One common problem is being able to safely use the toilet.

"Going to the toilet is such a basic activity, but someone cannot manage it safely it can remove their autonomy and dignity."

One example is a client named Rodney, who had three Emergency Department admissions for falls over a three-week period because his wheeled commode chair would not fit over his toilet. This resulted in him and his carer attempting to get him on/off the toilet using unsafe equipment and transfer techniques.

"Once the environment and Rodney's needs were assessed, the OT liaised with Christchurch Hospital's bioengineers who modified parts of a commode chair, which enabled it to fit over the toilet. Now Rodney can toilet safely without the risk of falling."



From left, brother and caregiver Bruce, and Rodney

Many people are unaware of how diverse the work of OT is, Chanel says.

"Our role can include assessing clients' abilities and helping them gain or regain skills; the planning and directing of therapy treatment; recommending and organising adaptations to the home, workplace and motor vehicles; prescribing and providing appropriate adaptive equipment and advising clients on changes to their lifestyle to help them with their daily activities."

Training to become an OT takes a minimum of three years, with the completion of a Bachelor of Health Science in Occupational Therapy (AUT University, Auckland), or the Bachelor of Occupational Therapy (Otago Polytechnic) in Dunedin or Hamilton.

To learn more about the role of a busy OT, check out the 'One minute with Jasmine Vlaanderen' on [page 14](#).

Toy dogs delight child ultrasound patients

Little knitted dogs are a precious labour of love that is bringing joy and calm to children having an ultrasound at Christchurch Hospital.

Knitted by Radiographic Assistant Henny van Veen, the toys are given to some of the hospital's child patients, aged between four and 10, having an ultrasound, and are much appreciated by the children and their parents.

For some children an ultrasound is a traumatic experience and receiving a cuddly toy at the end of it makes it a bit better, Henny says.

"We get only happy faces if we give them a dog or one of the little knitted teddies from the Chaplaincy Service."

Henny was inspired to start knitting about 18 months ago after seeing the small teddies around the hospital.

"I had never done it before in my life and learned how by watching YouTube."

She usually knits in the evening while listening to music or watching television, "just to keep my hands busy". It takes Henny four weeks to finish a dog, as she only knits for about an hour a day.

"And a lot of dogs are not to my liking once finished so I make another one."

The patterns come from library books or the internet and Henny has made just about every breed of dog you can name, including Afghan Hound, Scottish Terrier, Cocker Spaniel, Red Setter, Brown Labrador, Poodle, Miniature Schnauzer, Pug, Border Collie, German Shepherd, Dachshund, Jack Russell, Poodle, English Bull Terrier, Portuguese Water dog, Dalmatian, and Siberian Husky – to name just a few.



Henny with her latest pack of knitted toy dogs: a Scottish Terrier, West Highland Terrier, Cocker Spaniel, Red Setter, Brown Labrador, Poodle, Miniature Schnauzer, Pug, Border Collie, German Shepherd and Corgi. How many of these breeds can you spot?



Poodle



Corgi

Team Physio makes a splash in this year's Corporate Rowing Challenge

Burwood Physiotherapy, Older Persons Health and Rehabilitation (OPHR), entered a team of eight into this year's Corporate Rowing Challenge.

After some bad luck catching a crab the Physiotherapy team rowed well to come fifth overall. Well done 'Team Physio Canterbury DHB'!

The event is a unique opportunity to support the local rowing community and be involved in an enjoyable and effective teamwork initiative, says Clinical Manager Physiotherapy Nicola Rooney.

"Avon Rowing club provides the coaches, boats, and heaps of encouragement. They taught everyone how to row an eight over four weeks and then we competed against other corporate teams in a round robin competition over 500m."

The Physiotherapy team fundraised for the \$1000 + GST per crew entry fee by holding a quiz night at The Elmwood Tavern, and the Avon and Canterbury Rowing clubs combined for the regatta, which was held recently at Kerrs Reach.

If you are interested in taking part in the Corporate Rowing Challenge next year, there is more information on the [Canterbury Rowing Club website](#).



The Burwood Physiotherapy Corporate Rowing Challenge team with some of their fans

Christchurch Heritage Festival event at Nurses' Memorial Chapel

A gift from Florence Nightingale will be on display at the Nurses' Memorial Chapel during the Christchurch Heritage Festival.

Formerly known as Heritage Week, [The Christchurch Heritage Festival](#) brings together a wide range of community events and activities from Saturday 24 October to Sunday 8 November. This year's theme is 'Encounter Our Stories – Arts, culture and identity'.

Nurse Mary Ann Vousden trained at St Thomas's Hospital in London and came to Christchurch in 1890. Before she left for New Zealand, Florence Nightingale gave her some instruments, which were later given to Christchurch Hospital and are now part of the chapel's collection.

As part of the Heritage Festival the chapel will have open days from 30 October to 3 November 2020, 11am to 3pm.

The Nurses' Memorial Chapel dates back to 1928 and was built to commemorate the loss of 10 New Zealand nurses who died when the British troop ship, Marquette, was torpedoed by a German submarine in October 1915.

Items in the chapel tell the story of the sinking of the Marquette and during the Heritage Festival a display will mark the bicentenary of Florence Nightingale's birth and her influence on nursing in Christchurch.

The chapel re-opened in 2018 following a complex year-long restoration project after it was devastated in the Canterbury earthquakes. Photographs of the Christchurch City Council's \$2.1 million restoration work will also be on display.

ARTS & CRAFTS MEETS FLORENCE

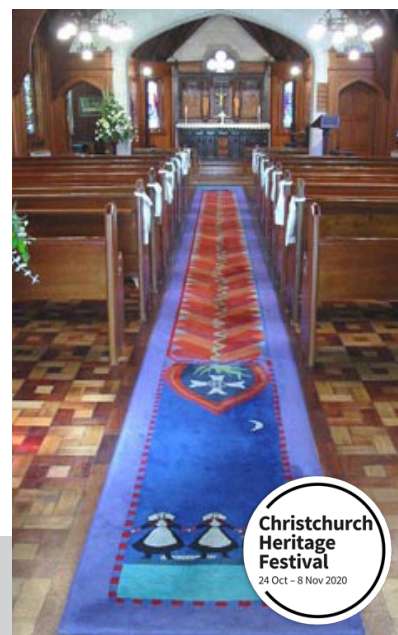
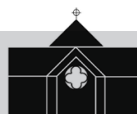
Heritage Week 2020

Daily 11am–3pm, Oct 30 – Nov 3

Visit this beautiful Arts and Crafts building to see:

- Furniture carved by Frederick Gurnsey and Jake Vivian
- A display to mark Florence Nightingale's bicentenary
- Photographs of the earthquake restoration
- The story of nurses and the sinking of Marquette in 1915

NURSES' MEMORIAL CHAPEL
2 Riccarton Ave
by Christchurch Hospital



Celebrate Florence NIGHTINGALE

200 YEARS **2020**

Florence:

- Became a national hero for her work in the Crimean War
- Established a School of Nursing at St Thomas Hospital, London
- Proved that insanitary conditions and bad diet caused disease and unnecessary death
- Was a respected authority on public health

Daily from 11am to 3pm
Friday 30th October to
Tuesday 3rd November

In association with the Christchurch Heritage Festival 2020

Nurses' Memorial Chapel

in front of Christchurch Hospital

For more information, visit

www.cnmc.org.nz

One minute with...

Jasmine Vlaanderen, Occupational Therapist



What does your job involve?

The assessment and rehabilitation of patients admitted with an acute stroke. This mainly focuses on changes to their functional performance, including investigating their motor, sensory, vision, cognition and perception skills. Working closely with the patient, their family and the wider interdisciplinary team is essential when developing goal-orientated and patient-centred discharge recommendations.

Why did you choose to work in this field?

Neuroscience has always interested me, and I appreciate how the role of the occupational therapist covers many specialised areas which enable patients to reach their optimal performance. The impact of a stroke influences a person's participation in their everyday life and over my time working within the stroke unit, I recognise the valuable impact that the Allied Health team has on a patient's recovery journey.

What do you like about it?

I enjoy working in a field that at times requires a lot of investigation as to why a patient may be presenting/ functioning in a specific way. Perception and cognition are my favourite areas, understanding how an interruption to an area of the brain can result in someone's ability to receive, process and make sense of sensory information all around us. I also love how the stroke interdisciplinary team (IDT) works closely together, and there is always a lot of good banter!

What are the challenging bits?

There are so many parts of the job that can be challenging, which is why it's awesome being a part of a team. I personally find it hard when a patient we are working with deteriorates or has another event that further decreases their level of function. Remaining positive, hopeful yet realistic, can be a difficult balance to portray, yet so important to incorporate into our conversations with patients and their families.

Who inspires you?

Every member of the stroke IDT is brilliant, including the Allied Health and Medical teams. It's such a privilege to work in a team where you feel valued and respected in your role. It definitely inspires me to want to learn and expand my knowledge to consistently improve the quality of the occupational therapy service in stroke care.

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

These values align significantly with the occupational therapy role and I hold them with great importance in all interactions I have with patients and staff.

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

I run my own wholefood/raw treat business with my twin sister!

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

The Maldives would be lovely.

What do you do on a typical Sunday?

Well I'm an early riser, so I generally sneak in a morning run before the kids get up. As a family we go to church and then just spend the rest of the day chilling, either at home, the playground, or maybe the beach.

What's your favourite food?

Breakfast is my favourite meal. I could probably have smoothies and granola all day.

And your favourite music?

This is tough. I don't really have a choice these days – a lot of nursery rhymes and preschool songs, so I just enjoy listening to the radio when I get the chance!

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

Something For You

Something For You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.



Miles Toyota

221 Montreal Street, Christchurch Central

Receive a free deluxe car wash and the option of a \$30 WOF with any service.



F45

Check out the various deals from your local F45 studio in the 'Health and Wellbeing' section.



Willowbank

60 Hussey Road, Northwood

Get 10 percent off day passes for staff and immediate family (max. 2 adults and 3 children, does not apply to annual passes).



The Cosmetic Clinic

Christchurch Central & Riccarton

20 percent off skin treatments and laser, this does not include injectables or product.

We also have plenty of other great deals from local businesses, check them out [here](#)!

PUT THE RIGHT THING IN THE RIGHT BIN

Tissues, paper towels,
takeaway coffee cups and
plastic lids can't be recycled.

They belong in the
general waste bin.



Canterbury

District Health Board

Te Poari Hauora o Waitaha



Waka Toa Ora

You are invited to a Waka Toa Ora seminar:

Public Health Update : COVID-19

Dr Anna Stevenson, Medical Officer of Health, CDHB

In January this year COVID-19 first became known to the world. Since that time our regional public health unit - Community and Public Health, a division of Canterbury District Health Board - has been responding to the disease, protecting the community, monitoring the situation and planning for the future. Join us at this seminar to hear the latest on:

- What we know about COVID-19:
 - How it spreads
 - How it presents
 - Emerging treatment options
 - Who it affects
- The local, national and global pictures
- What Community & Public Health is doing
 - Investigating cases, finding and managing contacts
 - Safety at the borders
 - Managing isolation and quarantine
 - Surveillance testing
 - Responding to community needs – mental health and wellbeing
- What the future might look like
- How we can work together

Tuesday 3 November 2020, 1:00 to 2:30 pm
Blue Room, Salvation Army, 853 Colombo Street

[Register online here](#)

Use the registration form to tell us your questions in advance.

A calendar appointment will be emailed following registration.

Health Innovation Challenge winners announced

Winners of the inaugural HealthTech Supernode Challenge – a national innovation challenge powered by ChristchurchNZ, Kiwinet, and Ryman Healthcare – were announced at the Awards Ceremony in Christchurch last night.

After an electrifying and inspiring series of pitches, Richard McCulloch from NextStep was crowned as the Best Startup Team and the Overall Winner of the Challenge! As the overall winner, Richard received a cash prize of \$10,000 as well as the potential of a validation contract with Canterbury District Health Board and pre-commercialisation funding from WNT Ventures.

Category winners were:

- › Lui Holder-Pearson from Accessible Insulin Pump won the Best Solution from a Student Team category and a \$5,000 cash prize
- › Dr Deborah Munro, D.Eng. from Diagnostic Implantable Sensor System For Spinal Fusion won the Best Solution from a Large Enterprise Team category as well as a \$5,000 cash prize
- › Professor Maggie-Lee Huckabee from BiSSkApp won the Best Solution from a Canterbury Team category as well as a \$10,000 cash prize
- › Richard Shepherd and his team from HT Systems Kera Transfer Aid won the Best Aged Care Solution category as well as a \$5,000 prize.

You can watch the [Demo and Awards Evening video here](#).



Overall winner of the Health Innovation Challenge Richard McCulloch receives his award from Siouxsie Wiles

Let-it-out for youth mental health Box-a-thon in November

You're invited to sign up for an hour session on a boxing bag which will be run by a fitness instructor.

Read more about it at www.letitout.info.

All ages welcome – it is for guys and girls. No fitness level is required. It will be super fun and a very supportive environment. People can come along for an hour by themselves, with a friend or get a group together from work, school, mates, clubs, sport, or anywhere else.



'Let it Out'
for Youth Mental Health
24-hour BOX-A-THON
www.letitout.info

- Where: 166 Saint Asaph Street, Christchurch Central City, Christchurch 8011
- When: Saturday 7th and Sunday 8th November 2020 (hourly time slots available)
- Saturday 12pm-12am & Sunday 6am-6pm
- How: register online before the day. Limited spots available
- Entry fee: minimum \$20 (you can self-fund or raise sponsorship)

All ages, guys and girls welcome.
No experience or fitness level required.
People can come along for an hour by themselves, with a friend or get a group together from work, school, mates, clubs, sport, or anywhere else.

Money raised is going to **298 Youth Health Centre** a one stop shop for young people based at 1 Amuri Court off Bealey Ave

1★ MORE ROUND BOXING FITNESS CENTRE ★
Thank you to 1MR for their support of this fundraiser and their support with the use of the venue.