



ceo update

Friday 4 July— Awards, website success and full steam ahead

Canterbury DHB named as finalist in IPANZ Excellence awards

Canterbury District Health Board (CDHB) was a finalist in two categories of the prestigious IPANZ (Institute of Public Administrators New Zealand) Excellence 2014 awards held on Wednesday night in Wellington.

The *all right?* campaign was a finalist in the Excellence in Public Sector Communications category, which recognises the design and delivery of innovative public sector communications strategies that have significantly increased public awareness of a Government objective.

The *Canterbury Health System integration and transformation* was recognised in the Treasury award for Excellence in Improving Public Value through Business Transformation. This award acknowledges those who have responded to the call for "smarter, better public services for less."

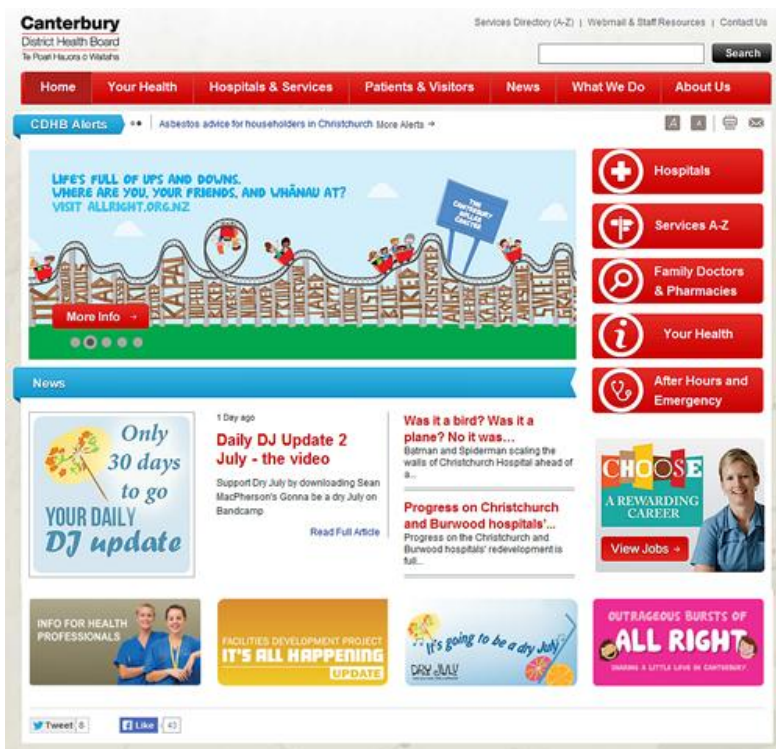
I was thrilled that our two entries were selected as finalists from a total field of over 77 organisations entering the awards. This recognition is a further reminder of the fantastic work being carried out by top people in our health system. I would encourage teams from throughout the organisation to enter awards in their relevant fields. It's important that the significant innovation and change happening in our health system is shared with others and we celebrate our success.

Over one million page views since Canterbury DHB website re-launched

Our website has gone from strength to strength since it was re-launched late last year.

We have clocked up over 1,137,040 page views since the new site went live. A website is only as good as the information it contains, and the relevance and ease of finding that information. I would like to thank the large team of web content editors and publishers who work hard (often on top of their day job) to ensure content remains fresh, up to date, accessible and relevant for those people who visit the site.

The CEO update is now published on our website for Canterbury Health System staff and is a very popular page.



Since launching the CEO Update online:

- The CEO Update page has been read over 70,000 times (page views)
- The web page containing a PDF or ISSUU online flipbook is read approx. 3-4000 times (page views) each week.
- It is read on average for 3 to 4.5 minutes.

The circulation of our update is larger than some community papers!

Thanks for all the content that is sent in each week. Stories about you, your colleagues, achievements and the work you do make great reading!

Continues on the following page...

ceo update

Other popular information includes:

Health professional's resources (policies, procedures, advice, forms etc) which have become a vital tool for many staff.

Contact information and essential advice for visitors and patients is well utilised. This area is constantly being improved by staff for our visitors and patients.

Value is steadily being added to various services sections with more accessible and practical information developed for general public and patients about using Canterbury DHB hospital services.

Full steam ahead following land designation announcement for Christchurch Hospital

Earlier this week the Canterbury Earthquake Recovery Minister, Gerry Brownlee, exercised his powers under section 27 of the Canterbury Earthquake Recovery Act 2011 to re-designate the land which will house the new acute services block at Christchurch Hospital. Details are available [here](#).

This will be the last time the CEO Update will be published on a Friday afternoon. Following staff feedback we are switching to publishing on a Monday morning. The first Monday issue will be published on Monday 15 July.

Have a great week.
David Meates

Grand Round replaced by University of Otago, Midwinter Dialogues for next two weeks

There is no grand round for the following two weeks. They will be replaced by University of Otago, Christchurch (UOC), Midwinter Dialogues. The Dialogues feature speakers selected by UOC Dean Professor Peter Joyce. This year all Dialogue speakers are politicians.

Details for the following fortnight's lectures are:

Friday, July 11. From 12.15 to 1.15

Megan Woods, Labour Party Innovation, Research and Development Spokesperson.
Held in UOC Rolleston Lecture Theatre

Friday, July 18. From 12.15 to 1.15

Kevin Hague, Green Party Health Spokesperson.
Held in UOC Rolleston Lecture Theatre

Other Grand Rounds this year will be replaced by Midwinter Dialogues. Health Minister Tony Ryall and Labour Party Health Spokesperson Annette King will also give lectures. Details will be sent to you closer to the time. For any enquires about Midwinter Dialogues contact kim.thomas@otago.ac.nz or 027 222 6016.

Important CDHB travel insurance change

CDHB has changed travel insurance provider.

If you are travelling on or after 1 July you will require new Insurance. Orbit and CDHB are working through all existing bookings by date of departure to provide new insurance.

If you have any queries please contact Orbit Travel or Angela Hart CDHB Staff Travel Coordinator.

One important change is that now individual certificates must be issued prior to departure. If this is not done then there is no cover under the policy.

When you accept this insurance you accept its terms and conditions. All staff are recommended to familiarise themselves with these prior to departure.

A copy of the policy is available on the [intranet](#), from Orbit Travel or CDHB Travel Booker or Coordinator.

Burwood

Gate 3 reopened this week as the main entrance to Burwood Hospital. The new road layout allows safer entry and exit from the site, and a new footpath has been built.



SCIRT is replacing a section of wastewater pipe along Mairehau Road. The road is narrow and there are lots of road cones, so please drive carefully and watch out for cyclists.

Sample boards: Good quality photos of the architect's sample boards for Burwood are now available to view on the intranet. These sample boards show examples of flooring, wall coverings, acoustic panels and other features. See the Facilities Development intranet site for more details: <http://cdhbintranet/corporate/FacilitiesDevelopmentProject/SitePages/Interior%20sample%20boards.aspx>

Christchurch

Go-ahead for Acute Services building: You may have seen this short article from The Press on Thursday 3 July, announcing the official go-ahead for work to begin on the Acute Services building.

Christchurch Hospital will have a new 400-bed building by 2018 to meet an expected spike in demand, thanks to special legislation.

The Ministry of Health asked Canterbury Earthquake Recovery Minister Gerry Brownlee to exercise his powers under section 27 of the Canterbury Earthquake Recovery Act 2011, to ensure prompt delivery of the city's new Acute Services Building at the rear of the women's hospital.

Minister Brownlee said using the act would ensure the new building was operational by April 2018.

"Serious damage to the Canterbury District Health Board's facilities combined with a growing and ageing population means existing facilities will not be sufficient for Christchurch's population by 2018."

Health Minister Tony Ryall said the building would deliver new operating theatres, 400 beds, purpose-designed facilities for children, an expanded intensive care unit, a state-of-the-art radiology department, a new emergency department, and a rooftop helipad.

Preliminary design work had just been completed, and construction would begin within months.

Minister Brownlee had put in some mitigating conditions to reflect the potential for effects on Hagley Park and the surrounding environment.

Redevelopment of Christchurch and Burwood Hospitals is a \$650m government investment in Canterbury health facilities - the biggest ever in New Zealand.

User group news: The second round of design meetings for the user groups were completed this week. The groups are working through the details of numerous room layout and data sheets.

Post-Anaesthetic Care Unit (PACU) staff visited the Design Lab on Friday, and the Wards User Group reviewed the Progressive Care Units layout.

Also at the Design Lab, the CHOC User Group tested the functionality of the CHOC day space layout and have requested some minor changes. The Emergency Department User Group tested the layout of the two resuscitation rooms, which will have a gantry and radiology bay in them.

There was also a meeting with Mana Whenua: this is a regular meeting every six weeks to keep information flowing about the proposed hospital developments and to seek their input.

Bouquets



Main reception, neurology, MRI, ECG, blood service, Christchurch Hospital

I want to say a big THANK YOU to the friendly and helpful reception staff. I would also like to convey my sincere appreciation to the staff in the neurological unit who handled my referral, and to the MRI technicians. Finally I'd like to thank the staff in ECG for arranging my Holter monitor. Also thanks for the efficient and swift service I received from the blood testing unit across the road. I think that Christchurch Hospital does a wonderful job. The service was efficient, swift and professional. Thank you.

Ward 27, Christchurch Hospital

While visiting my mother we found her nurse RN Sue was extremely helpful, respectful, caring and provided me with valuable information for my mother's care.

Staff have been amazing. Thank you so much.

My thanks and compliments to the team on Ward 27 especially Staff Nurse Anna in her care for my mum.

Ward 16, 10, Emergency Department, Christchurch Hospital

Thanks for your compassion, empathy, humour and kindness. A little PC compared to what I'm accustomed to, but otherwise fine. Thanks too, to all staff who in their own way were efficient, courteous and kind and were instrumental in finally (aged 57 years) given me balance, direction and faith.

Ward 17, Christchurch Hospital

To all the ladies who work there thank you all very much. My stay here both times has been so good.

Ward 12, Christchurch Hospital

The quality of service I receive when staying in your Ward is always exceptional. I had an AMI in February 1996 and subsequent issues through to 2003 when chest pain issues were resolved with PCI. I was admitted to your Ward from Greymouth in April 2014 with unstable angina, 11 years on. I was amazed to see many familiar faces in your senior nursing team. After 11 years many remembered me with a warm welcome.

I would like to thank everyone in Ward 12 for the magnificent work they do. The training of the young nursing staff is a credit to the senior nursing staff that clearly reflects their commitment to deliver the highest possible level of care, unconditionally. One nurse stood out for me, Katrin. Katrin has a special skill that quickly identifies with low mood and depression. This ability quickly diffuses a potentially dangerous situation by communicating and sharing with the person. This allows staff to quickly identify and help. Thank you, I find just being in Ward 12 improves my health.

Security staff, Hillmorton Hospital

I want to acknowledge the work of security staff Graham and Kevin last weekend. They were alerted by a member of the public that there was a person on the Hillmorton grounds in need of immediate assistance. Graham and Kevin very swiftly attended to the situation. They and the rest of the security team have also been extremely helpful with identifying and responding to H&S issues on this site as a consequence of all the building work.

Ashburton Hospital

A big thank you to all the nursing, medical and radiography staff who worked Friday, Saturday and Sunday under relentlessly busy conditions, with less than optimal staff numbers available. Every one pulled together and several did overtime, what a great team we have!

Ward One was rewarded for their hard work when a patient nominated them for the Sims Bakery Morning Tea Shout which they won.

Administrators from across CDHB came together last week for the annual CDHB Administrative Services Workshop series. The workshops are designed to inform, celebrate, engage and develop administrators across the organisation.

“This is the third year that the workshops have been held and the overwhelming feedback is that this was the best series yet! More than 270 administrators attended this year’s workshop series held at the Canterbury Horticultural Centre on 24 and 25 June,” says Kay Strang, Administration Manager for the combined Christchurch campus.

“I’m delighted that so many administrators took the opportunity to attend this year’s workshop series to develop their skills and knowledge – many people have commented on the practical tools they’ve been able to take away from the workshops to use in their own work area and that they had fun learning! Attendees also commented on the opportunity to network with colleagues from across CDHB including Ashburton and to put names to faces and share stories and learnings.”

Chief Executive David Meates, General Manager Medical / Surgical and Women’s and Children’s Pauline Clark and Operations Manager Clinical Support Felicity Woodham shared the opening honours and acknowledged the critical role administrators play in our health system – *they are the glue that keeps the system working*. They also gave administrators an overview of organisational priorities and key projects and how administrators can contribute to these projects.

“The key presenter for the workshops was Linda Hutchings – a leading adult educator who is passionate about working with emerging and existing leaders to develop the vision, passion and skills needed for today and tomorrow,” Kay says.

Other sessions covered topics, such as reducing workplace conflict, thriving through change and how to plan a successful life.

“Workshop evaluation results are very positive with 92% of attendees stating the workshops were either extremely or very valuable,” Kay says.

What some of the participants said:

- *..was a brilliant presentation, well presented, good fun, engaging and educational*
- *Linda’s presentation was very inspiring and thought provoking. I will definitely be trying to use the ideas and information that she has given.*
- *I found it very interesting. I wish I had this knowledge last year....It would have helped me to help people who struggled with the change. But I will be able to use it going forward ...*
- *This would be one of the best presentations that I have been able to attend at CDHB and at previous employment.*
- *It was a fantastic presentation with lots of interaction, visual learning and overall a very positive thought provoking presentation, that I think will challenge anyone who attended.*
- *I attended the “Stepping into Leadership” workshop. Linda was a very inspiring and engaging presenter. She got us thinking about what kind of leader you want to be and the values and tools to get there. I liked the way Linda got us out of our seats and interacting with other participants to share ideas and be creative. Having been a team leader herself, Linda was able to tell us of her own experiences. I found the workshop extremely valuable and now have some of her quotes on my office wall as a reminder. My only regret was that I only got to attend one of the sessions! I would like to thank Kay Strang for organising such a successful admin workshop.—Julie Jones, Personal Assistant to Evon Currie, General Manager.*

If you weren’t able to get to the workshops and you’re interested in the content covered, [have a look here](#).



Cancer Society winner at national Volunteer Awards

An enthusiastic group of volunteers from different health-related organisations gathered at Christchurch Hospital recently to celebrate their efforts being recognised in this year's Minister of Health Volunteer Awards.

The Cancer Society Canterbury West Coast Division Rural Groups won the Community or NGO Health Service Team Award and were named the overall award recipients.

More than 400 volunteers make up the 16 Rural Groups. Whether it's providing transport to treatment appointments, home visits, baking, meals or companionship during a difficult time, their support is greatly valued by cancer patients and their families.

The award for Community or NGO Health Service Individual Volunteer went to Liz McClure of Plunket Canterbury. Liz, who joined Plunket just two weeks before the February 2011 earthquake, is recognised by the Plunket community as the link between the new governance-focused board and the 'doing' Plunket groups in the region. The award acknowledges all Liz's work at Plunket including leading and inspiring volunteers, enhancing access to more families and ensuring Plunket remains relevant to the diverse group of people they work with.

Two Cantabrians, Vicki Mathais and Clare Richards, were recognised for Long Service. Vicki Mathais, who is a nurse at Oamaru Hospital, has been volunteering for St John since 1983. She was first on the scene of the 1994 Mount Cook bus crash that saw 26 of the 47 passengers hospitalised. When the Christchurch earthquake struck in February 2011 she went straight to the scene and spent four days providing service.

Vicki has provided first aid cover at many events in the Twizel area and has maintained the St John roster for the past 15 years.

Clare Richards has been a volunteer for Canterbury Arthritis Society and Arthritis New Zealand since being diagnosed with Rheumatoid Arthritis in 1980. Over that time she has provided support and advice to a large number of people, despite her condition requiring she have multiple joint replacements and other surgery. This has included providing group and telephone assistance via the Peer Support Network.

CEO David Meates congratulated all the award recipients and said the work they did was vital to the smooth running of Canterbury health services.



Vicki Mathais, Oamaru Hospital nurse and for St John volunteer receiving her award from MP Jo Goodhew, Associate Minister of Health



From left: Jenny Bryce, Barbara Loe, Margaret Murchison, Evan Murchison from the Amberley Cancer Society

ceo update

Rock star treatment for Dry July

An official song, delicious mocktails and fun and games at the Dry July launch on Monday has kicked off our campaign.

Ambassadors Marg Foster and David Meates got into the 'spirit' of things by taking part in a blind mocktail guess the ingredients test. Bartender Harry Scott mixed up a range of mocktails he created especially for the campaign. The showing of the video of 'Gonna be a dry July' written by consultant Haematologist Seán MacPherson and performed by a cast of characters including CDHB staff, current and former cancer patients and University of Otago, Christchurch students was a real treat.

Seán worked with the CDHB Business Development Unit to have the song professionally recorded. Richard Hamilton, Business Development Manager CDHB says the song and video are a great example of how innovation and support are embedded in the CDHB culture.

"It is fantastic how this organisation celebrates and supports staff talent. I feel lucky to work within an organisation that does this. I'd particularly like to thank Ngaere Dawson in my team for the effort she has put into making the song production a reality," says Richard.

You may have seen the video on Campbell Live on Monday night. If not you can watch it on our [Dry July webpage](#). The song is for sale with proceeds going to Dry July. You'll find it here <http://seanmacpherson.bandcamp.com/track/gonna-be-a-dry-july>

You can buy and download it for as little as \$1 but can pay as much as you'd like (be generous—remember it's for cancer patients). You'll need a credit card or paypal account. It's a very easy way to support the campaign if you can't face a month without alcohol. Another way is to donate to one of our Dry July-ers (DJs) www.dryjuly.co.nz.



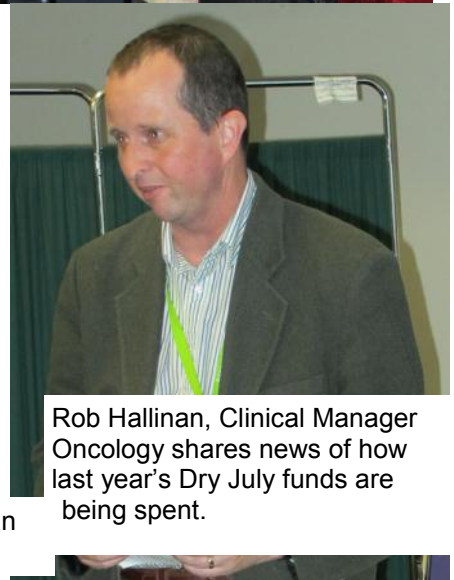
Celebrity ambassador Marg Foster speaks of her support for Dry July



Bartender Harry Scott mixed some tasty mocktails



Hayley Beckman cuts the cake



Rob Hallinan, Clinical Manager Oncology shares news of how last year's Dry July funds are being spent.

Canterbury has its first Diabetes Nurse Specialist qualified to prescribe

With 20 years' experience under her belt, Diabetes Nurse Specialist Lupesiliva 'Lupe' Tu'ulua is now able to prescribe for her patients.

Lupe has become the first Diabetes Nurse Specialist in Canterbury to gain accreditation to prescribe medications in diabetes health and is also one of a handful of Pacific Island nurses around the country that have gained prescribing rights.

"It just made sense to me to be able to do this as I saw so many benefits," Lupe says.

"Most importantly it saves the patient's time; it also saves the nurses' and doctors' time – it is common sense. It's just better for everyone."

Lupe who first came to Christchurch on a nursing scholarship from Samoa in the late 1970s, started specialising in diabetes nursing in the 1990s when a position for a part-time Pacific Island Diabetes Nurse was first created in Canterbury.

"At the time I put my hand up because the role worked in well with having young children. Then as my children got older and I learned more about the disorder and gained more experience, I increased my hours. I could see a real need to help people particularly those from the Pacific community with managing diabetes.

Polynesian people (both Māori and Pacific Island) have the highest rates of type 2 diabetes in the country and rates have increased significantly in the last decade.

"It is very scary to see how many people and families in the Polynesian community are affected by Diabetes," Lupe says.

"So I think it's really important we continue to educate our communities about the risk factors and help those already diagnosed to manage the condition."

Allowing diabetes nurses the ability to prescribe is another step towards the health system providing care that is timely and more convenient for the patients.

This new law came into effect in 2011 and means diabetes nurses have the right to prescribe once they had met certain requirements. At the time Lupe indicated she wanted to sign up for gaining this accreditation but an administrative hiccup and several earthquakes in between interrupted the process. Sheer determination and a commitment to fulfilling her obligations to gain the accreditation saw Lupe get the process underway again in July 2013.

"In July 2013 the Diabetes Service Manager at the time set up a meeting with three diabetes specialist nurses wanting to go down that path and two diabetes specialists willing to provide the necessary clinical mentoring.

"Two of the nurses were ready to start on the 'prescribing journey' so we were able to pair up the two doctors and the two nurses. I nominated Dr Peter Moore to be my supervisor.

"But it almost became eleventh hour stuff. I had to really drive it because I could see lots of benefits for the patients that I see on a daily basis. There were more hiccups and challenges along the way but I persevered. I couldn't have done it without the help of Dr Peter Moore".

A Diabetes Nurse working towards gaining prescribing rights requires a supervising doctor who works with people with diabetes. The supervising doctor is required to be positive and supportive of the nurse prescribing project. To facilitate the process with minimal disruption to the doctor, Lupe did most of the hard work behind the scenes before presenting it to Dr Moore in their scheduled meeting times.

"I found that Dr Moore upheld his part of the deal and I am grateful for his commitment in doing so."

Dr Peter Moore says with the rapidly escalating number of people developing diabetes in the community it is never going to be possible for diabetes specialists to be directly involved with every individual.

"Increasingly care will be provided in general practice and community settings with a need for more specialist nurses to support the primary care teams. Nurse prescribers will play an increasing role," Dr Moore says.

Continues on the following page...

When does type 2 diabetes normally occur?

Type 2 diabetes most often occurs in adulthood usually after the ages of 30 – 40 years. However, increasing numbers of teenagers and children are developing type 2 diabetes.

Who is most likely to develop type 2 diabetes?

Some groups of people are more likely to develop type 2 diabetes:

- European 40 years of age or older
- Diabetes in your family (grandparents, parents, brothers or sisters)
- Māori, Asian, Middle Eastern or Pacific Island descent aged 30 years or older
- High blood pressure
- Overweight (especially if you carry most of your weight around your waist)
- Diagnosed as having pre-diabetes (also known as impaired glucose tolerance) - this occurs when the glucose (sugar) in your blood is higher than normal, but not high enough to be called diabetes
- Had gestational diabetes during pregnancy

Symptoms of type 2 diabetes

You may have had type 2 diabetes for many years without realising it.

Not everyone has symptoms. Symptoms may include:

- Feeling tired and lacking energy
- Feeling thirsty
- Going to the toilet often
- Getting infections frequently
- Getting infections which are hard to heal
- Poor eyesight or blurred vision
- Often feeling hungry

If you have any of the above symptoms, discuss it with your general practice team.

Source: www.diabetes.org.nz



Right: Lupesiliva 'Lupe' Tu'ulua

Latest from the Consumer Council

The Consumer Council is engaged in helping identify areas in the Māori Health Framework where consumers could make a difference in achieving health equity and improved quality of life for Māori clients of the Health System.

Consumer Council members have accepted an invitation to provide feedback into the Information Use & Management Group's (IUMG) consultation document "*HealthSafe framework for sharing health information*" before the end of July.

This month Consumer Council members have also been asked for feedback and involvement with:

- MedChart Electronic Medication Management
- The Strength & Balance Exercise Magnet – patient information
- National Training Day: Child Trauma
- Planning for Education and Training Development workshop for Consumers to be held in September.
- Recruitment is underway for a Refugee/Immigrant Consumer Representative and a Physical Disability Representative.

If you have any questions regarding the Consumer Council or would like to engage a consumer representative for work you are involved in please contact Wayne Turp, ConsumerCouncil@cdhb.health.nz; Phone (03) 364 4130

Martin Bendall
Christchurch Hospital Orderly



What does your job involve?

The job of a Hospital Orderly is busy and varied. We are patient focused and convey our patients with safety and dignity at all times. Our job also includes the removal of rubbish, and the delivery of milk, linen, equipment, mail, lifesaving blood products, lost visitors to wards and lost patients back to their beds. We work with all patients, some fairly healthy, others highly infectious.

We transport the newborn and the elderly, from birth to their last day. At all times we are aware that we are dealing with someone's relative or best friend.

Why did you choose to work in this field?

I joined the British Army on the 12 August 1970 and served in many places including the United Kingdom, Germany, Denmark, Canada, Cyprus, Bosnia and Iraq. From; Weapons and Drill Instructor, to Peace Keeper with the United Nations and welfare support for those affected by the trauma of war, my working career has been varied and enjoyable.

I have commanded troops in peace and war, starting my army life as a Private soldier with the Transport Corps and finally retiring at the rank of Major in an Army Medical Regiment. I thoroughly enjoyed my 41 years in uniform. I enjoy working in the hospital helping others because I want to. The change of uniform from green to blue is still something to get used to.

What do you love about it? I enjoy my work because I choose to work in this environment where I can be with people and I can help and assist as best I can. Every patient journey is different and most patients have a story to tell you, some amusing, some sad.

What are the challenging bits? I find the most challenging part of my job is in the mortuary. It is a privileged position and I have nothing but respect for the staff who work there. To deal with a person who has passed away is both humbling and thought provoking. A special part of this job is talking with patients' relatives when they visit. I have to be non-committal, non-judgemental, compassionate and above all, I must be totaly respectful of their personal and cultural needs at this very traumatic time.

Who do you most admire in a professional capacity at work and why? Without doubt I admire the nursing and radiography staff of CDHB. They work tirelessly to ensure their patients receive the best of care. I always find the patients talk about their nurses with so much gratitude and appreciation. The vast majority of the nursing and x-ray staff understand our job as orderlies and assist us when they can.

The last book I read was...

I make no apologies for admitting that the last book I read was the entire Sci-Fi "Foundation Series" by the author, Isaac Asimov. I first read this series about 30 years ago!

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

UtopiaI am almost there.

My ultimate Sunday would involve...

My ultimate Sunday would see me riding a motorcycle in bright sunlight on the open road, arriving home for dinner with my wife, two daughters and my six grandchildren. Perfect.

One food I really dislike is...

Cheese, cheese and more cheese.

My favourite music is...

I love a varied assortment of music including: Queen, James Blunt and Lorde.

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

ceo update

CDHB Donor Breast Milk Policy (unpasteurised) Volume 12 Fluid and Medication Management (Ref 6668)

The Donor Breastmilk Policy (unpasteurised) was released on Monday, 30 June 2014. This policy addresses the use of unpasteurised donor breast milk on CDHB premises.

The Neonatal Unit recently developed a human milk bank service offering pasteurisation of breast milk, however they currently only have the capacity to offer this to infants within the Neonatal Unit who meet certain criteria.

The Donor Breastmilk Policy outlines the procedure for the use of unpasteurised donor milk, including consent, health screening of the donor, and labelling. Information leaflets are available for the parents/guardians of the intended recipients as well as the donor.

<http://www.cdhb.health.nz/Hospitals-Services/Health-Professionals/CDHB-Policies/Fluid-Medication-Manual/Documents/6668-Use-of-Donor-Breastmilk-%28Unpasteurised%29.pdf>

For further information, please contact Kiri Hider, Quality Coordinator Maternity, extension 85085.



Christchurch Campus Quality & Patient Safety Team

Invitation to all staff

QUALITY & PATIENT SAFETY PRESENTATION

TOPIC:

An online Clinical Incident Reporting System is coming: what, why, when.....

Presenter: Colin Browne, CDHB Project Manager

Venue: **Oncology Lecture Theatre**
Date: **Thursday 10th July 2014**
Time: **1 – 2 pm**

An attendance record sheet will be provided.

Video link with other divisions can be set up on request

Please contact Shona.MacMillan@cdhb.health.nz, Quality Manager



A REWARDING CAREER

Canterbury
District Health Board
Te Pōari Hauora o Wairarapa

138867 - Transformation Lead

139536 - Registered Nurses Urology Unit

139651 Registered Nurses – Cathlab

139371 - Administrator, IS - Service Level Alliance

138858 - Telephonist/Receptionist

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

eSCRV in high demand

eSCRV has been such a game changer in the sphere of clinical information sharing that we have created significant demand for access from a range of health professionals from across the system. The challenge we now face is that we can't service that demand as quickly as we would like. Clearly we need to prioritise, and that's what our June engagement with healthcare providers was all about.

Taking a bold approach - health organisations, public and private, were invited to a prioritisation session to put their case for why they should be among the next group of clinicians to get access to eSCRV.

The 'worthy hopefuls', in no particular order, included optometrists, representatives of St John Ambulance, St George's Hospital, Healthcare NZ, LMC Midwives, the B4 School Check service, Canterbury Initiative - Allied Health, the Laura Fergusson Trust, the Acute Demand service, Homecare Medical, Southern Cross Hospital, Intus, Access Home Health, Forte Health, ePharmacy and the Caledonian Clinic.

It would be tricky enough to present to an audience of potential rivals, but imagine having your suitability assessed by them! But that's exactly how the prioritisation process worked – a representative of each organisation was asked to evaluate the benefit patients of each other organisation would get from HCS/eSCRV access, and also assess the value that organisation's information would add for other eSCRV users, and therefore the wider health community.

Due to the demanding nature of the workshop, it wasn't possible to interview many participants, but here's what one of them had to say:

Claire MacDonald, a self-employed midwife and also regional co-chairperson of the NZ College of Midwives, felt her clients would benefit from an ability to share lab tests, ultrasounds and medication information in particular.

"Giving community midwives access to a shared health record would plug some unintentional gaps in the information needed to provide the safest and best care. Midwives are prescribers and refer women for lab tests, scans and consultations with specialists, and need to be able to access the results in a secure and timely manner. Most of our clients aren't sick and so don't necessarily keep their GP informed about their pregnancy. Adding our information through eSCRV is one way to ensure GPs can stay informed and in return, midwives get to know all they need to know about other care women are receiving that might affect their pregnancy care plan."

The workshop itself worked very well, with Canterbury health organisations seemingly comfortable with the collaborative, collegial approach. There were some great presentations and strong representations, all of which outlined what their patients or clients would gain and the importance of their information in facilitating an holistic approach to healthcare provision through shared access to a single up to date health record.

As you can see, the eSCRV team doesn't shy away from doing things differently and seems to enjoy challenges. They are now faced with making sense of the confidential assessment cards and feeding back to the various organisations. That'll no doubt add spice to an already interesting process.



Nigel Millar sums up

Staff Wellbeing Programme: Resiliency Challenge (win \$1000 travel voucher)

The Resiliency Challenge involves two weeks of brief daily challenges to get you thinking about the sources of your own personal stress and to develop strategies to manage the effects that stress has on you, your health, and your enjoyment of life in order to become more resilient! The challenge starts on 14 July.

To register click on the following link www.tracksuitinlive.co.nz and enter the CDHB company code: dhb-staffwellbeing. More information is available on the Staff Wellbeing Programme intranet page.

Staff and Family Wellbeing Survey – Taking the Pulse – Closing date extended

The closing date has been extended until Friday 11 July. Please click on the following link to complete the survey – it should only take 10-15 minutes

<https://www.surveymonkey.com/s/CDHBStaffandfamilyWellbeingSurvey>

The previous wellbeing survey in late 2012 provided valuable insights which helped us develop the current Staff Wellbeing Programme. By repeating the survey now, we aim to get further guidance on what support staff need.

CDHB Earthquake Support Coordination Service

Our Earthquake Support Coordinators (ESC) are dedicated to helping CDHB staff deal with issues related to EQC, insurance, accommodation etc. Contact an ESC directly on 371 5598 or visit the new [Staff Wellbeing Programme](#) intranet page for more information.

The ESCs are running 'drop-in' sessions from 10am-3pm over coming weeks as follows:

- CHCH Campus - Great Escape Café 10 July
- TPMH 17 July
- Burwood hospital café 24 July
- Hillmorton hospital café 31 July

Wellbeing Workshops for managers/supervisors

Register now to attend one of these very popular workshops!

For more information on what the workshop covers visit the [Staff Wellbeing Programme intranet page](#)

or click here to register https://docs.google.com/forms/d/1wkYwlqejKx5RQQLfHdXG6yvSe35VNBAJ_oejwU64sP0/viewform

Staff Wellbeing Programme intranet page - Zumba, Yoga, Mindfulness, Retirement seminars...

<http://cdhbintranet/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...

Something for You - employee benefits – new intranet page containing up-to-date information on discounted products and services for CDHB Staff

<http://cdhbintranet/corporate/EmployeeBenefits/SitePages/Home.aspx>

Andy Hearn, Staff Wellbeing Coordinator

Canterbury and West Coast DHB, Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924



TRACKSUIT-INC

RESILIENCY CHALLENGE

YOU COULD WIN A \$1000 INTERNATIONAL TRAVEL VOUCHER!

STARTS MONDAY 14TH JULY REGISTER NOW

Go to the CDHB staff wellbeing intranet or www.tracksuitinlive.co.nz and enter code: dhbstaffwellbeing

ceo update

Teen mental health information evening for families

It's not unusual for teenagers to get stuck feeling down.

But often families don't know where to start to help their young people through these difficult times.

To address this issue, an information evening is being held to advise Canterbury families, parents, caregivers and anyone working with young people on how to support teenagers with feelings of depression and anxiety.



At the event, youth health experts will give an overview of the options available to families to support the mental wellbeing of their teens.

They will also introduce and demonstrate [SPARX](#) – a world-first online e-therapy tool launched in April as part of the [Prime Minister's Youth Mental Health Project](#).

SPARX combines computer gaming technology with therapy strategies to help teenagers learn skills to deal with feeling down, depressed or stressed.

SPARX was designed and tested by the University of Auckland especially for young New Zealanders and was found to be as effective as other treatment options.

The free information evening will take place on **Wednesday, 9 July 2014** in the Oaks Room at the **Christchurch Netball Centre**, 455 Hagley Avenue, from 7.30 to 9 pm.

Speaking at the event are:

Dr Theresa (Terry) Fleming, co-creator of SPARX and senior lecturer at the University of Auckland; and Dr Sue Bagshaw, director of the Collaborative Trust for Research and Training in Youth Health and Development.

Drs Fleming and Bagshaw will also share how uptake of SPARX in the Canterbury region has been among the highest anywhere to date, and how SPARX has helped to ease pressure on some youth mental health services across Canterbury

Entry to the event is free and no registration is needed. However, RSVPs are appreciated – to do so email support@sparx.org.nz

For more information on SPARX visit: www.sparx.org.nz or watch this short video: <http://www.youtube.com/watch?v=Fftu3p8ZaOI>



DO YOU ENJOY EATING KIWIFRUIT?

Plant & Food Research are looking for volunteers for a study looking at the effects of kiwifruit on gut health. This is a 16 week study which involves eating kiwifruit and psyllium (fibre).

We require people aged 18 to 65 years who are generally healthy, suffer from constipation or suffer from irritable bowel syndrome.

You will be required to visit 40 Stewart Street, Central Christchurch for periods of 30 minutes on six occasions. You will be reimbursed for your participation.

To find out more about the study contact Sarah Eady on (03) 325 9671 or 027 476 6137.
Email: sarah.eady@plantandfood.co.nz

www.plantandfood.co.nz

Canterbury
Medical
Research
Foundation

Research
saves lives.

Now available via VC for CDHB staff

This lecture is now available via video conference on the VSL Network.

Please connect to the CDHB Grand Round or at your video conference unit.

Dial 08050577.

Please ensure your microphone is muted unless you are asking questions

Any queries please contact Nicole at telehealth@cdhb.health.nz.

The Canterbury Medical Research Foundation
proudly presents

The 2014 Athol Mann Lecture

“The Future of Health Depends on Delaying the Ageing Process”

Professor David Le Couteur

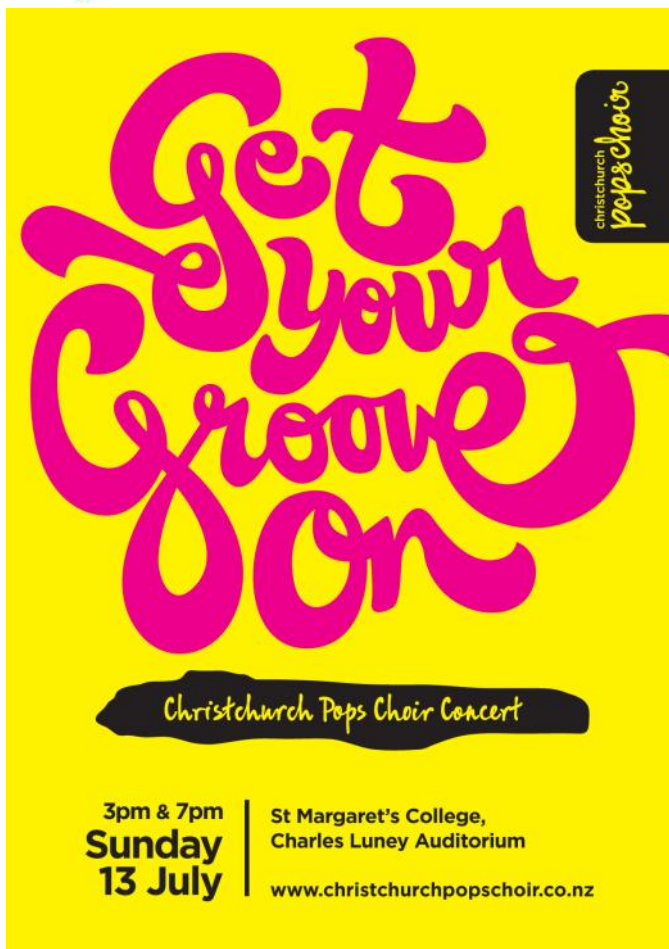
David Le Couteur is Professor of Geriatric Medicine at the University of Sydney, Director of the Centre for Education and Research on Ageing (CERA), Director of the Biogerontology Laboratory of the ANZAC Medical Research Institute and Senior Staff Specialist Physician in Geriatric Medicine at the Concord RG Hospital in Sydney.

His research is translational gerontology, spanning from biogerontology (nutrition, liver pharmacology and physiology, liver endothelium and ageing); clinical research (geriatric pharmacology and the application of evidence based medicine to older people) and epidemiology (chief investigator and pharmacoepidemiologist on the Concord Health and Ageing Male Project CHAMP).

Please join us at 5.30pm at the Rolleston Theatre,
Christchurch Hospital
24th July 2014

Complementary refreshments will be served





christchurch
pops choir

Get your groove on

Christchurch Pops Choir Concert

3pm & 7pm
**Sunday
13 July**

St Margaret's College,
Charles Luney Auditorium
www.christchurchpopschoir.co.nz



Get your groove on with the Christchurch Pops Choir in concert.

Is winter giving you the blues?
Are the frosts putting a freeze on your cool?
Are you getting so chill you're about to become your own iceberg?

Let the Christchurch Pops Choir bring a little warmth to your winter with a great programme of jazz, pop, musical theatre, folk, gospel, rock and much more.

Come and hear choral singing like you've never heard it before. The perfect way to spend a winter's day.

**3pm & 7pm, Sunday 13 July
St Margaret's College,
Charles Luney Auditorium**

\$25 adults, \$10 schoolchildren,
\$16 seniors/beneficiaries/students

www.christchurchpopschoir.co.nz

Music for the

Friends
of the
Brain
Institute



jointheFBI.org



The Friends of the Brain Institute invite you to this wonderful fundraising concert with all proceeds going to neurological research

Starring members of The Opera Club in a special performance of popular opera

Omarino Wine Park
638 Harewood Rd,
Christchurch
Saturday 23rd August 7pm
(concert commences 7.30pm)

Tickets \$65.00 includes cheeseboard
Cash bar will be in operation.

For further information and ticket sales,
contact Fiona Bellett on 378 6347 or
fiona.bellett@nzbri.org



Wellbeing workshops

“
The greatest
wealth is health
-Virgil”

For CDHB Managers/Supervisors

To support your wellbeing, the CDHB Staff Wellbeing Programme and MHERC are running a series of two-hour wellbeing workshops for managers/supervisors.

The CDHB acknowledges the crucial role you, as a manager/supervisor, play in supporting your staff and facilitating the delivery of high quality care to the Canterbury community. In the current Christchurch environment it is more important than ever that you take the time to focus on your own wellbeing.

Two hours to focus on YOUR wellbeing!

We are running a number of workshops in 2014 to allow you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients will also benefit.

Workshop Overview:

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

Workshop Details:

- All workshops run for 2 hours and conclude with a further 30 minutes for refreshments and informal conversation
- For dates and to register for a workshop – [click here](#)

Facilitated by Alison Ogier-Price MSc Psyc, B.Comm, BA Hons, C.AT, MNZAPP

[Click here to register](#)



Canterbury
District Health Board
Te Pōari Hauora o Waitaha

 **MHERC**
Mental Health Education & Resource Centre

For more information contact:

Lee Tuki
Lee.Tuki@cdhb.health.nz
027 689 0285

Andy Hearn
Andy.Hearn@cdhb.health.nz
027 290 0837



Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.

BE ACTIVE

Programmes Term 3, 2014



New Brighton

Shoreline Fitness Centre
55 Hawke Street
Monday 11:00am - 12:30pm
Starting Monday 21st July

City

City YMCA
12 Hereford Street
Monday 5:30pm - 7:00pm
Starting Monday 21st July

Bishopdale

Bishopdale YMCA
13a Bishopdale Court
Tuesday 11:00am - 12:30pm
Starting Tuesday 22nd July

Spreydon

St Martins Church
60 Lincoln Road, Spreydon
Thursday 11:00am - 12:30pm
Starting Thursday 24th July

For more information and to register please contact:

P 0800 ACTIVE (22 84 83)

E jessw@sportcanterbury.org.nz

www.sportcanterbury.org.nz

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, eg circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.



[Read the latest edition of Green Prescription](#)

BE ACTIVE

Rangiora Programme Term 3, 2014



Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.

Rangiora

St John's Rangiora
Church Hall

355 High Street

Wednesday 10:00am - 11:30am

Starting Wednesday 23rd July

For more information and to register please contact:

P 0800 ACTIVE (22 84 83)

E jessw@sportcanterbury.org.nz

www.sportcanterbury.org.nz

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, eg circuit, badminton, aquacise and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.



RESILIENCY CHALLENGE PARTICIPANT GUIDE



DURATION

The Resiliency Challenge runs for two weeks (10 days) Monday-Friday, excluding weekends.

START DATE

The Challenge begins on Monday, 14 July 2014.

WHAT IS INVOLVED?

The Resiliency Challenge involves two weeks of daily challenges to get you thinking about the sources of your own personal stress and to develop strategies to manage the effects that stress has on you, your health, and your enjoyment of life in order to become more resilient!

PRIZES

Every participant who enters each daily activity will be entered into a final individual prize-draw to win a \$1000 Travel Voucher! Throughout the challenge there will be prize-giveaways for those that participate in the daily activities which include iPod shuffles, Prezzy cards, Supermarket Vouchers, Red Balloon Vouchers, and more!

SIGN ME UP!

Register for the Resiliency Challenge from Monday 30 June on tracksuit-inc (please go to the Staff Wellbeing Programme intranet page or www.tracksuitinc.co.nz and enter the company code: `dhbstaffwellbeing`). Enter your email address and you will receive a confirmation email with your login details.

Register before Friday 11 July and you'll be entered into a prize-draw to win a \$100 Prezzy Card!

Remember, family members are welcome to participate in the challenge!

CHECK IN

Log on to the Health Challenge website (www.healthchallengelive.co.nz) on the day that the challenge begins (14 July) for details of your first activity and then every day thereafter for the two-week duration. Enter your responses to the activity each day onto the site to score points and receive 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 challenges.
- The Noticeboard for any special messages including the prize winners.

CHECK YOUR EMAIL

Every day we'll send you an email which will include a link directly to the website and updates on the daily activities, prizes and special announcements. Check your inbox each day from 14 July for more info.





Seniors Eating Well

A nutrition teaching resource

This teaching resource was designed for community groups and organisations who want to deliver their own series of informal nutrition education sessions with groups of community-living older people.

Topics include: Eating well for healthy older people, Nutrition and strong bones, Fibre and fluid for healthy bowels, Shopping and cooking for one or two, Smart snacking, Food safety, Nutrition myths

Training

The training session will teach you how to deliver the Seniors Eating Well programme for community-living older people.

You will receive:

- A lesson booklet
- Login details to access the full web-based resource

Next Training Session: Tuesday 16th September 2014, 9:00am – 12:00 pm
Riley Day Lounge, The Princess Margaret Hospital

To register for training, please contact the Healthy Eating Healthy Ageing team:
Phone: 03 377 8970, email: jasna.robinson-wright@cdhb.health.nz

Acknowledgment

The development of this resource was funded by the Canterbury District Health Board with assistance from the Ministry of Health. It was written by the Healthy Eating, Healthy Ageing dietitians based at Princess Margaret Hospital, Christchurch.

Canterbury

District Health Board

Te Piri Hau nra ō Wataha



The Canterbury DHB staff and family wellbeing survey has been developed to help the CDHB obtain a clearer picture of 'where staff are at' more than three years on from Canterbury's earthquakes.

The responses we receive will help identify areas where the CDHB can provide greater assistance.

*To have your say
click on the link on the CDHB intranet or go to*

www.surveymonkey.com/s/CDHBStaffandFamilyWellbeingSurvey

Canterbury
District Health Board
Te Pori Hauora o Waitaha

...ARTIST DOCTORS PRESENTS...



PROMS

25 YEAR ANNIVERSARY

WE ARE CALLING FOR PERFORMERS
TO TAKE PART IN THIS YEAR'S
VARIETY CONCERT

4TH OCTOBER 2014

Singers, dancers, comedians, soloists, groups, instrumentalists
- Get your act together!

To find out more contact Ros McCarthy on 364 1104,
mobile 027 353 2639 or email us at enquiries@artistdoctors.org.nz

WWW.ARTISTDOCTORS.ORG.NZ





Cuppa for a Cause JULY 2014 Alzheimers Canterbury



Plan an occasion; invite your colleagues, clients, friends family, etc.

Challenge a department, branch, another group.

Bring out the fine china, bake a cake, decorate a hat, wear your fancy tie, have a dress up or dress down day—there are limitless ways to make your *Cuppa for a Cause* event stand out and have a load of fun at the same time.

Please feel free to pass this flyer onto your friends, colleagues, Social Club etc

There will be a prize for the most original, fun or novel collection box so don't forget to send us photos of your event..

TO REGISTER :

Email: lesley@alzcanty.co.nz

or

Phone 03 379 2590

or

Make a donation Bank Account 12.3240.0097861.00

Visit our website www.alzheimers.org.nz/canterbury for more information

Making life better for all people affected by dementia;

Kia piki te ora mo ngā tāngata mate pōrewarewa

Alzheimers Canterbury – 314 Worcester Street, Christchurch, P O Box 32 074, Christchurch 8147 Ph 03 379 2590
Fax 03 379 7286 Email admin@alzcanty.co.nz Web www.alzheimers.org.nz/canterbury Charity Registration CC 21639