



## New mental wellbeing resource launched for young people

*All Right?* is supporting young people with their mental health and wellbeing with a new toolkit

There is much to celebrate in the innovation and high standard of care our people are delivering in the Canterbury Health System, as this issue demonstrates.



Paula Partington, Lesley Dixon, Craig Scott and Michelle Cole from the School Based Mental Health Team at the launch of Sparklers

This week I want to particularly congratulate staff from *All Right?*, the School Based Mental Health Team, and the Health Promoting Schools Team, who have teamed up to create an innovative wellbeing toolkit to support young people with their mental health and wellbeing.

Read more about Sparklers on page 11 – it's a fantastic initiative offering activities for teachers to use with students that help students feel good, function well and build resilience. We have had plenty of feedback from teachers and parents who are seeing some of the many activities in action, and are using this resource to find new ways they can get actively involved in our children's wellbeing.

Sparklers is a great example of a joined-up, inter-sector approach which is supporting the health and wellbeing of Cantabrians in their own community. While created in Canterbury, it's relevant to children throughout New Zealand.

## WellFood – a new beginning for our food services

After announcing to staff in February that Canterbury DHB would be taking over management of food services, orderlies, cleaning and laundry services, it is now just days away.

On 1 July, this Saturday, these services will begin operating under a new name – “WellFood – a fresh approach to food”. You can find out more about this on page 8.

We're thrilled to have the 300 food services, orderlies, cleaning and laundry services staff currently employed by Compass / Medirest transitioning to become Canterbury DHB employees. We're also excited to be in the position to consider “fresh approaches” in how we enhance our services.

We are aiming for a seamless transition with few initial changes, so you will be seeing the same faces and same food at all of our sites. However, you may notice the WellFood name around our cafés and on staff uniforms.

Make sure you say hello to our WellFood team when you spot them around the place.

Please also note as 1 July approaches, it is truly a case of use it or lose it if you have a pre-paid coffee card for any of the cafés on Canterbury DHB sites, as these expire on 30 June. New cards will be available for purchase after 1 July.

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## Catch the trial Staff Park & Ride bus – from Monday July 10

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We all know that parking is currently difficult at Christchurch Hospital. Canterbury DHB is doing whatever it can to help solve the issue.

Recently we surveyed staff who work at the Christchurch campus and who drive to work. We asked them about their current car parking arrangements and costs, and whether they would consider using a staff Park & Ride shuttle bus to and from the Deans Avenue car park. Of 541 respondents, nearly 300 said that they would use such a service.

As a result, the DHB has decided to run a trial Park & Ride for staff from Deans Avenue to Christchurch Hospital for three months, starting on Monday July 10.

The service will be run by Red Bus, to keep it separate from the existing Park & Ride for hospital patients and visitors.

The Red Bus buses will run from 6 am until 8.30 am to bring staff to work. The buses will pick staff up at a temporary bus stop on Deans Avenue, outside the Deans Avenue car park, and will drop off on Riccarton Avenue just before Christchurch Women's Hospital. To catch the bus for the return trip, staff should wait at the bus stop on the other side of Riccarton Avenue opposite Christchurch Women's Hospital. The return buses run from 4.30 pm until 7 pm to take staff back to their cars. These hours are designed to fit in with as many people's work schedules as possible, based on the responses to the staff survey.

As it is for hospital patients and visitors, parking will cost staff \$5 per day at Deans Avenue, or \$5.50 if paying by credit card. Staff must avoid parking in the area reserved for patients and visitors. Please park on the right as you drive in to the site, or at the rear of the site. Please note that Canterbury DHB does not own or run the Deans Avenue car park.

The bus itself is free to use. Staff will need to show their Canterbury DHB ID card as they board.

At the end of the trial period, it will be decided whether to extend the service based on staff usage.

Please note that the night shuttle for shift workers, which uses our hospital patient and visitor Park & Ride shuttles, will continue to operate.



Have a great week,

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Mary Gordon  
Acting Chief Executive

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# Facilities fast facts

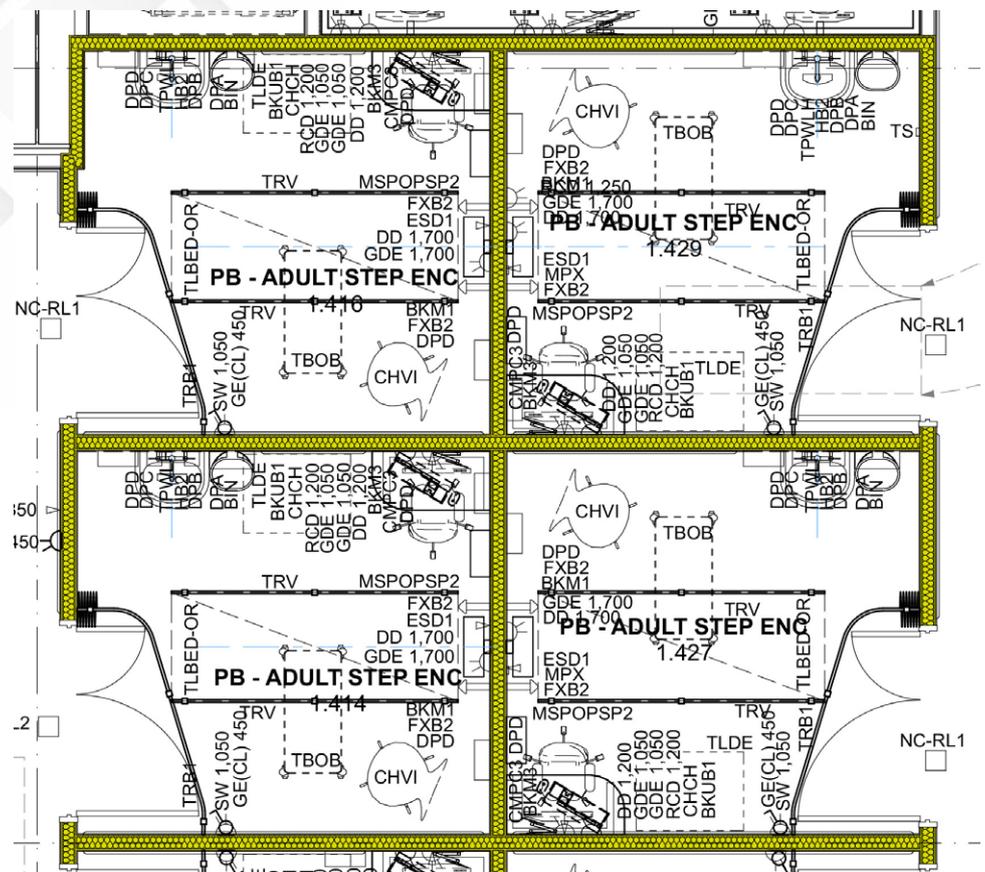
## Acute Services Building at Christchurch Hospital

With nearly 50,000 m<sup>2</sup> of space, incorporating two ward blocks, an expanded Emergency Department, Intensive Care Unit and operating theatres, and around 400 beds, the new Acute Services Building has numerous rooms that recur across the site. Ninety percent of the rooms in the building, of which there are 95 different room types, such as bathrooms, multi-bed rooms, beverage bays, waiting areas and meeting rooms, recur in some way. The layout of each room is based on the Australasian Health Facility Guidelines and was the focus of much hard work by a Recurring Rooms sub-user group that included representatives from Maintenance and Engineering, Health and Safety, Māori Health, Nursing, Medicine, Allied Health, Procurement, Orderlies, Cleaning Services and Clinical Engineering, and the Katoa Health Design Team. Each room has an “ideal” layout that is represented in a plan that shows everything in the room from hand rails and washbasins to corner guards and height lines.

As much as possible, the Facilities team has incorporated the Burwood design work to maximise standardisation across the DHB.

This is important because not only are there cost savings for procurement, but staff safety is increased. People who work in different areas of the Acute Services Building or those working across both the Christchurch and Burwood sites will be familiar with the layout of rooms and the equipment in use. You'll be able to walk into the medication room, for example, and know where everything is because the layout is standardised in each area.

Right: Plans of the recovery rooms in perioperative where patients receive post-anaesthetic care



## Christchurch Outpatients

All of the 42, massive, 27m-high columns are in place for the main framework of the Outpatients Building and the rest of the steel framing should be complete by the end of June. Ongoing work includes the installation of the comflor and steel reinforcing in preparation for concrete pours, intumescent paint application and internal work prepping for the installation of services, such as power and heating.

## Site redevelopment at Christchurch Hospital

**Boiler testing** – testing has begun on the new temporary boilers near Riverside alongside the Avon River. There will be some smoke initially, and noise, including alarms, which the Site Redevelopment team are working on muffling as much as possible. Carbon filters have been installed on all air intakes near the boilers, as an extra precaution. Once the boilers are fully commissioned and up to full temperature, they will run cleaner and quieter.

**VIE Tank alongside the Avon River** – on cold mornings it's quite normal to see what looks like steam around the tank – it is just water vapour.



## Bouquets

### Charlene Tan-Smith, Nutrition Service, Christchurch Hospital

I just wanted to let you know that we have had such a fantastic experience doing the Ketogenic Diet Therapy with Charlene Tan-Smith. From the beginning we felt very supported and this has continued right through. Charlene often goes above and beyond to help us (including answering emails on her days off!!). We feel that the success we have had on the diet is a direct result of Charlene's commitment to us and the diet. Charlene sends us all the recipes and constantly checks in to see if we need more or even just to see if ... likes the food. She makes it as easy as possible for us to follow the diet and knowing we have her to contact is invaluable. We think Charlene is a superstar and are so glad to have her on ...'s team. I wish there was more resource to give Charlene a team so that more people could access the Ketogenic Diet and Charlene's knowledge.

### Emergency Department (ED), Acute Medical Assessment Unit (AMAU) and Ward 26, Christchurch Hospital

I was admitted to Christchurch Hospital last month... I was very unwell with a severe case of cellulitis in my left leg. My experience at the hospital from start to finish was fantastic and I wanted to write in praise of the staff and the tremendous work that they do. I hope you will pass my comments on to them.

If I ruled the world, everyone who works in health care, from the cleaners to the surgeons, would earn top dollar and be given free parking and health care! I regret that I did not catch the name of every person who cared for me, but during my three nights and four days I saw nothing but kindly concern for all

patients. The staff that I did manage to record the names of are as follows:

Luke – in ED: He was so friendly, patient and gentle (not just with me, but the very ill man next to me). His cheerful banter and easy-going approach made him a standout.

Gerry – in AMAU: A very professional man, whose job was challenging that evening, as he had a dementia patient with broken ribs who kept wanting to get out of bed.

Margery – in AMAU: What a wonderful nurse. So efficient and so personable. Mary – a Hospital Aide in AMAU, made sure that I had access to water and towels to have a tidy up. She was very intuitive and practical.

Camille – Bloods: I have an irrational dislike of needles. Camille took my blood and was so skilful I didn't realise she had done it. Amazing.

Ward 26 staff:

Anna – a born nurse! She was so caring and constantly in the ward and on hand. You couldn't have a better nurse. So bright and pleasant.

Emma – another born nurse. She made a huge impact on me. She only cared for me one night, but she was so thoughtful and gentle.

Tuk – she did not nurse me, but I observed her working next to me. She was constantly in the ward assisting the two elderly ladies in my room with their night time toileting and she was phenomenal. Her calm, matter-of-fact approach, meant that no dignity was lost when her ladies had to use the commode/toilet chairs, or had to be assisted with their underwear and

garments. Tuk was always patient and calm. She is to be commended for her work.

Tai – I observed him spending considerable time with a rather distressed, older man, who could have had dementia. He obviously had to be in hospital, but wanted to go home. Tai chatted to him and helped to keep him calm.

Rosie – so efficient and busy.

Tash – a wonder when it came to adjusting my IV line and helping to adjust my antibiotic dose to minimise discomfort when it was very painful. The hot flannel worked!

Annie, Sue and Angela – All so concerned for my care and what I would do post-hospital visit. Angela, particularly, made sure that I knew what options I could discuss with my doctor and consultant.

Wendy – went out of her way to order me cold/numbing spray to use before my injections as she knew I was worried about needles. Such a thoughtful gesture.

Pip – the Occupational Therapist who suggested a shower stool for use at home, even though I thought I didn't need it. I did need it and it was a huge help.

Heather – busy preparing beds and keeping things moving on the ward.

The two lovely orderlies who moved me about. I didn't get their names, but one had been there for about 20 years I think. Both so knowledgeable and good bed drivers!

Ward doctor, Izzy Foley – Izzy was very clear about my treatment and concerned

that I rest afterwards. She was right, I was very tired and glad to be able to tell my family I had to stay on the couch!

Consultant Jenny Butler – she was so friendly and knowledgeable. I felt I could talk to her about any aspect of my health. She and her team were also fun and just possibly the youngest and best dressed lot in the hospital!

Finally and very importantly the Catering Supervisor Kerry Sugrue – Kerry was outstanding. She deserves some kind of medal. She spent time with each patient, carefully suggesting different, simple foods to try to tempt them to eat. No mean feat in Oncology where patients were vomiting on a regular basis. Her suggestions to me meant that I was able to eat and begin to feel much better. In fact Kerry's own back story is nothing short of inspiring. So I hope you will let her know how much her work means to those lying ill in the beds.

This concludes my list of staff who made a big impact on me and helped speed me towards a full recovery. I am so glad that I live in Christchurch where good public health care still exists. Despite all the wrangles with bureaucracy and

the constant negative reporting in the media about our health care system, the people who really make the difference are doing a fantastic job every day. Thank you to each and every one of them.

#### **Gastroenterology Day Ward, Christchurch Hospital**

Congratulations on running a very smooth and efficient colonoscopy service. I was most impressed. Please convey my appreciation to all the staff, who were unfailingly cheerful and professional.

#### **Nuclear Medicine, Oncology Outpatients, Surgical Outpatients, X-Ray, and Emergency Department, Christchurch Hospital, and Gynaecological Ward, Christchurch Women's Hospital**

We wanted to let you know of our experiences at these services. The care and kindness received was outstanding. The staff were knowledgeable, professional and very kind. As a relative I was always made to feel welcome and included. Future suggestions for the hospital – a bookshop would be great.

I was the patient and I was very impressed. In the Emergency Department I was seen very quickly and they were excellent. Very good at making sure I knew what was going on. And all the staff in Gynae Ward on the second floor of Christchurch Women's were great. Would like to shout out to Maria for being so much fun!

#### **Eye Clinic, Christchurch Hospital**

Excellent experience. Thank you so much. We are very lucky to have such services for our eye health. Dr Hung was excellent. Thank you.

#### **William, Ward 23, Christchurch Hospital**

William (nurse), has been fantastic with my father. His manner, courtesy, care and concern is highly commendable.

#### **General Medicine, Christchurch Hospital**

Generous man gave me \$10 for colouring pencils to continue with my art. Outstanding man ... don't know his name but lovely service, attitude and smile.

## The Library

### **Browse some of the interesting health-related articles doing the rounds.**

[“Risk of Zika-related microcephaly: stable or variable?”](#) – in late 2015 the world was braced for a vast international epidemic of Zika-related microcephaly – so what happened? Was the risk overstated or was it something else? From *The Lancet*, published online: 21 June 2017.

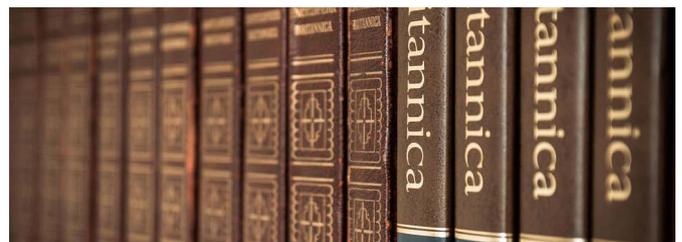
[“Infographic: Help patients separate pregnancy fact from fiction”](#) – many women's expectations of pregnancy are shaped by popular culture – such as anticipating roaring like an enraged lion when in labour, based on every movie or television birth scene ever made. This visual guide busts the myths. From *Ragan's Health Care Communication News*, published online: 19 June 2017.

[“Car wrecking – a vehicle for stroke rehab”](#) – dismantling car engines and sorting parts is proving to be a successful form of rehabilitation for stroke survivors under 65 in a unique project at the Manfeild Raceway, near Feilding. It's not just practicing muscle control and coordination but tackling psychological impacts like loss of confidence, self-esteem and social contact that belonging to the club helps them with. From Massey University, published online: 21 June 2017.

If you want to submit content to **The Library** email [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz).

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- » Visit: [www.otago.ac.nz/christchurch/library/](http://www.otago.ac.nz/christchurch/library/)
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- » Email: [librarycml.uoc@otago.ac.nz](mailto:librarycml.uoc@otago.ac.nz)



# Cloud-connected anaesthetic machines help save dollars and the planet

A pilot project at Christchurch Hospital could lead to less waste of expensive and environmentally harmful anaesthetic gases in hospitals around the world.

The large number of patients having surgery mean that anaesthetic vapours are one of the biggest drug costs for most hospitals.

Not only do they cost a lot, they are also greenhouse gases, says Specialist Anaesthetist, Richard French.

“So one of our goals is to use the lowest possible gas flow into the patient’s breathing circuit. This reduces wastage without changing the dose the patient gets.”

It’s hard to get your head around, says Richard, who offers an everyday analogy.

“Imagine pouring yourself a glass of milk.

“If you want to fill a glass with milk right to the top, you can either do it by very, very slowly filling the glass, or you can keep pouring the milk until it’s flooding over the top of the glass and spilling on to the kitchen bench.”

Either way, the glass doesn’t get any more full.

“If you think of the milk as being like the anaesthetic gases and vapours, we want to reduce flow rates so that we fill the glass exactly to the top but avoid spilling the milk.”

Christchurch Hospital, which is already known as a ‘low flow’ institution for anaesthetic gas usage, partnered with GE Health to see if it was possible to analyse gas flow data using Cloud-based software, taking data from anaesthesia machines in Christchurch Hospital.

The large amount of data generated by a busy operating suite means that the huge computing power of the Cloud was needed to analyse it on a continuous real-time basis. The Canterbury DHB / GE project is a world-first in successfully applying this to anaesthesia.

Specialist Anaesthetist, Ross Kennedy, has had an interest in collecting flow rate data for more than 15 years and has published multiple papers where the data was collected using a computer connected directly to an anaesthetic machine.

“That method was fine for research purposes but to make the data usable on a day-to-day basis you need a solution based around automatic collection of data with off-site analysis,” he says.

The early data collected from this project led Ross to devise a model which separates gas flows into two main phases.



From left, Ross Kennedy and Richard French

The first at the start of an operation, when flows are set high, and the second maintenance phase, when the flow is reduced.

The data showed that the high-flow phase at the beginning often continued longer than needed.

The importance of a long high-flow phase now seems obvious, but hasn’t been previously published.

The anaesthetist isn’t doing anything wrong, says Ross, “It just happens because they are busy looking after the patient, but the result can be that the first few minutes of the anaesthetic can cost as much or more than the entire rest of the anaesthetic.”

The initial data collected using the new technology was presented back to Christchurch Hospital’s Anaesthesia Department, with an emphasis on the importance of limiting the initial high flow phase. Anaesthetists have responded to this information well and flow rates have decreased by 13 per cent, from an already low figure.

With about 32,000 surgeries a year this will add up to significant financial and environmental savings.

Following on from the Christchurch Hospital study, GE Healthcare has released a suite of applications, called Carestation Insights, which allows anaesthetists to know precisely how much of the gases are flowing in their own hospital’s operating theatres.

Richard says it’s no accident GE chose to collaborate with Canterbury DHB.

“Ross has an international reputation as an expert in this area and the innovation friendly mind-set of management and technical teams makes us an ideal collaboration partner for industry”.

He and Ross presented the results of the study at the [Euroanaesthesia 2017](#) congress in Geneva earlier this month.

# Flu vaccination update

Get in quick as the clinics won't continue forever.

Time is running out for you to get your free flu vaccine from one of our staff clinics. Over the next few weeks we will be scaling down the number of clinics we hold.

## Clinics this week:

### Christchurch campus

11.30am – 2pm, Wednesday 28 June  
G195 (room behind shops/corridor)

### Burwood Hospital

2 – 3pm, Friday 30 June  
Meeting room BWD 1:1

## Authorised vaccinators are available

If you haven't been able to get to a clinic the good news is you can still get your vaccine from one of our authorised vaccinators. If you're not sure who your authorised vaccinator is ask your clinical nurse manager or [read the list of authorised vaccinators on the intranet](#).

## WHO says healthcare workers should get vaccinated?

The World Health Organization does! WHO strongly recommends healthcare workers as a priority group for influenza vaccination, not only for their own protection and ability to maintain services, but also to reduce the spread of influenza to their vulnerable patients – including pregnant women.

## Looking after our community

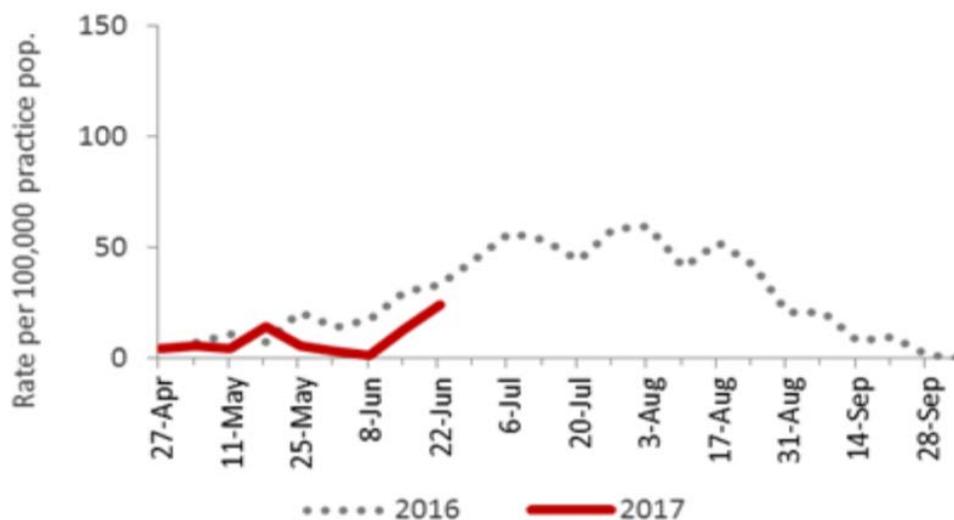
[Studies demonstrate](#) that annual influenza vaccination for healthcare workers is likely to reduce illness among the patients they care for.

## Had your flu shot somewhere else?

If you had your flu vaccine at your general practice team or at a pharmacy, please let us know by [clicking on the button on the flu intranet page](#).



Canterbury Influenza-like illness rates (May–Sep) 2016 and 2017



# A fresh look for food services

Canterbury DHB's takeover of food services, orderlies, cleaning and laundry services from Compass / Medirest on July 1 will be marked with a brand new look.

The DHB has decided to develop a new brand and name – "WellFood – A fresh approach to food" – for the services to make it stand out and recognise that it will be like a special "business" within Canterbury DHB.

Support Services Manager Rachel Cadle says the idea behind the name is about helping people get well and stay well.

"That's something all WellFood staff support, whether or not they're directly involved in food."

Around 300 staff will transfer across from Compass / Medirest employment to become Canterbury DHB staff. The follows a decision in September 2016 that the DHB would not be signing up to the national food service contract, as it was going to cost more and deliver less.

The food service enjoys high levels of customer satisfaction and Canterbury DHB will continue to use the same recipes it currently does for patient meals, Meals on Wheels and staff meals. However, the "fresh approach" in the new name is a signal that in the longer term, the plan is to add to the range of fresh and healthy food choices we have available, says Rachel.



It's also about always thinking of ways we can improve and we will welcome any suggestions, she adds.

"We're thankful for the great service Compass / Medirest has provided over the last 13 years. We're also excited about this next phase – welcoming our new staff as Canterbury DHB employees and having the flexibility to adapt our services and try new things, and take up suggestions from our staff and visitors.

"I'd also like to remind staff that from 1 July any profit from café sales will go back to the DHB to support patient care – hopefully that's a good incentive to get your coffee fix from us!" Rachel says.

The new logo will be printed on staff uniforms and appear on signage around sites from 1 July.

If you have any questions or suggestions for WellFood please email [wellfood@cdhb.health.nz](mailto:wellfood@cdhb.health.nz).



# Early Warning Score Staff Survey live now!

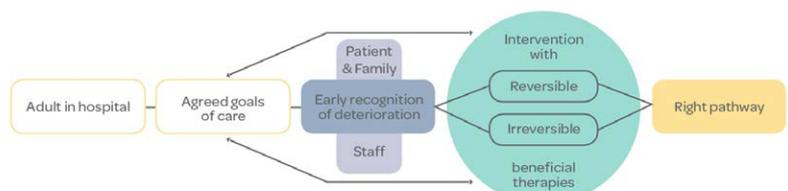
Staff feedback is being sought to help the introduction of a new early warning score (EWS) system.

The Canterbury DHB Deteriorating Patient Programme Steering Group is helping the DHB change the current EWS to a national standard, a New Zealand Early Warning Score (NZEWS), developed by the Health Quality Safety Commission.

The group needs staff to share their experiences of using the current EWS to understand any barriers to making the new system work well at Canterbury DHB.

Staff can complete a five-minute, anonymous survey and take this chance to give direct, candid feedback on what's happening in their area by clicking on this link [www.surveymonkey.com/r/8LLYDCP](http://www.surveymonkey.com/r/8LLYDCP) or looking out for paper copies in their clinical area.

All responses will help make sure all patients receive early detection and response to early signs, wherever they are and whatever the time of day. Your help is much appreciated!



**BETTER TOGETHER**

Destination Outpatients

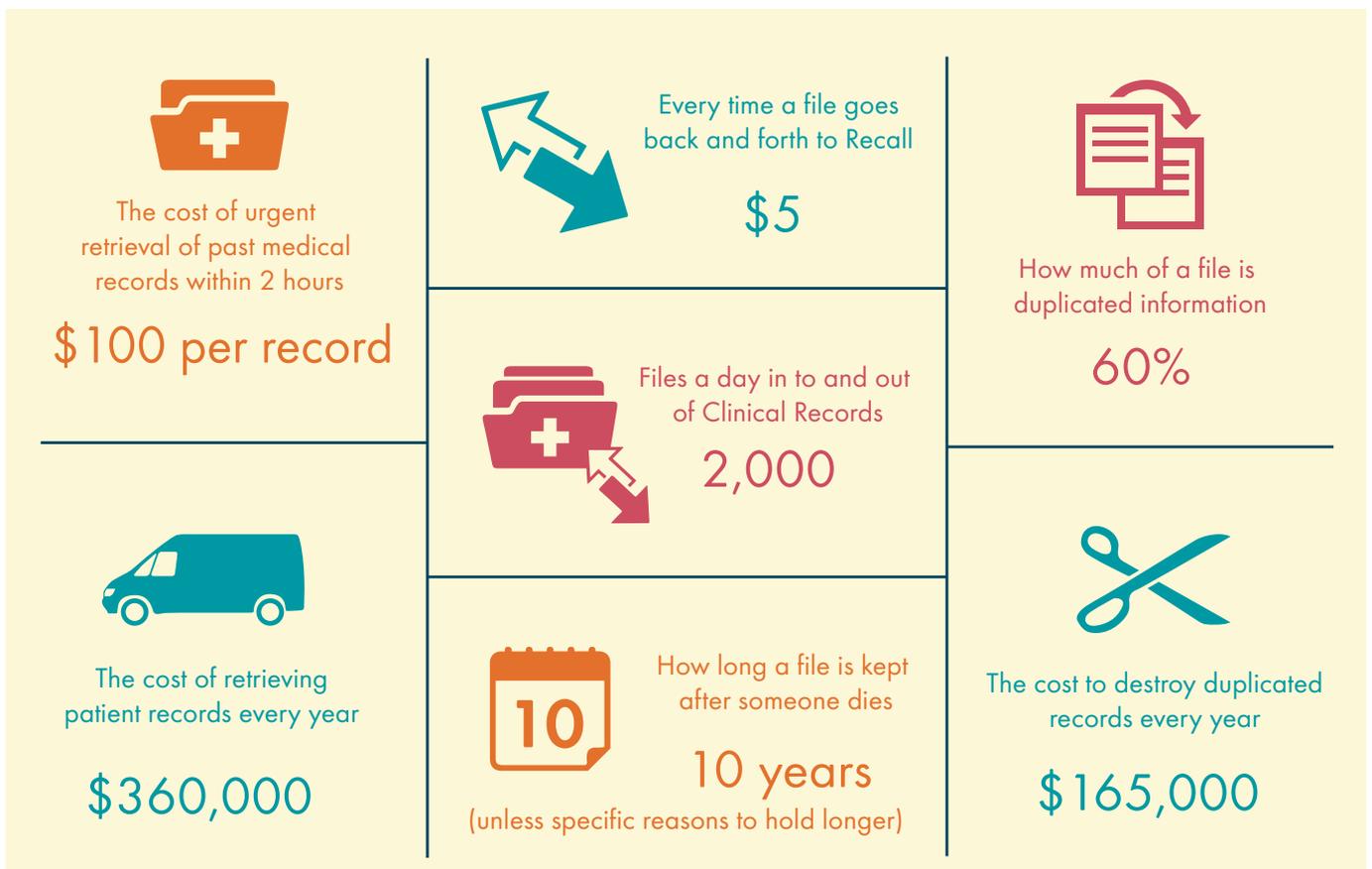


# Future looks lite

With construction of the new building well underway, plans have begun for the big move into the facility next year. The new Christchurch Outpatients Building has been purpose-designed as a clinical building for seeing patients, not as a storage facility for clinical records. Paperlite processes will be an important part of preparing for the move as the services moving into the new building will not be able to take large volumes of paper records with them.

Think of the paperlite process as a continuum. At one end a service might be paper-bound, with all sorts of forms to fill in and file. At the other end, not a scrap of A4 can be found anywhere because everything is on screen. The reality of administering a health service lies somewhere in the middle – some things are on screen, other things need a form to be filled in or a record to be filed. What we are aiming to achieve is applying paperlite principles to do the right thing with each piece of paper, to cut down on the amount of paper shuffling and storage we have to do, and to move towards the paper-free end of the continuum.

The ultimate Christchurch Outpatients and Ambulatory Services Team (COAST) goal is that we will not require the paper clinical record as we move into the new building. Surgeon Saxon Connor has some interesting thoughts on how best to approach going paperlite. His presentation is available to view on the [intranet](#) and is well worth a watch – don't miss Baby X about 10 mins in.



# Tapper Units reopen with a new look

Burwood Hospital's Harry the cat had a good look around the Tapper Units and purred his approval. The four units recently underwent earthquake repairs and the Canterbury DHB Site Redevelopment team decided it was the perfect time to give the dated units a revamp.

The units offer an important accommodation resource for people who need to be close to a family member receiving treatment in the Spinal Unit. They are named after the late Graham Tapper who worked in the spinal service for 32 years, and who was passionate about the importance of the rehabilitation journey for patients.

He advocated and fundraised for the units to get them built in 1982, including an initial fundraiser organised by the New Zealand Police that entailed a fundraising run the length of the country.

Graham was also instrumental in getting Smiths City to sponsor Tapper's sister accommodation facilities, the Milner Unit and, now 30 years later, the homeware group has generously reaffirmed its commitment to supporting accommodation for the Burwood Spinal Service.

The group provided all the whiteware and furniture for the refurbished units.

At a blessing and ceremony to celebrate the reopening of the units, Graham's widow, Annabel Tapper, cut a cake to mark the occasion. Burwood Operations Manager, Sally Nicholas, gave Smiths City CEO Roy Campbell a certificate of appreciation in thanks for the generous donation.

The Tapper Units are open again and ready to provide a haven for families facing difficult times.



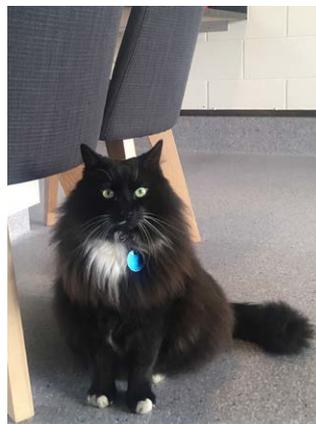
Annabel Tapper cuts the cake to celebrate the reopening of the revamped Tapper Units



General Manager Smiths City Group Roy Campbell and Burwood Hospital General Manager Sally Nicholas



Harry the cat joins in the blessing of the revamped Tapper Units



Harry the cat approves of the revamped Tapper Units



Blessing of the Tapper Units

# Sparklers launches to help schools support student wellbeing

*All Right?* has launched a free wellbeing toolkit to support young people with their mental health and wellbeing.

Sparklers consists of 36 activities that teachers can use to help their year one to eight students feel calmer, happier, and more ready to learn. The activities take between 10 minutes and one hour, are aligned with the school curriculum, and cover a wide range of wellbeing topics including managing emotions, living in the moment, being grateful and showing kindness.

The launch took place last Tuesday at Kaiapoi Borough School and was featured on [Newshub](#).

Research associate at Auckland University of Technology's Human Potential Centre and *All Right?* Advisory Committee Member, Lucy Hone, says Sparklers will help young people learn the skills they need to build positive mental health.



*All Right?* Advisory Committee member, Lucy Hone, with children from Kaiapoi Borough School

"Sparklers enables young people to learn strategies that improve wellbeing and build resilience. The activities are designed to help students feel good and function well, and improve their ability to cope with change and navigate the challenges life throws at them."

Lucy says student wellbeing is strongly linked to learning.

"Students with high levels of wellbeing make better learners, find it easier to focus in the classroom and are able to build stronger and meaningful relationships."

Sparklers was brought to life thanks to funding from the Canterbury Earthquake Appeal Trust and Canterbury District Health Board and support from Canterbury DHB's Community & Public Health and School Based Mental Health Team.

Canterbury DHB's clinical director for Child Adolescent and Family, Harith Swadi, says Sparklers has been developed in response to requests from schools for more support to meet the wellbeing needs of Canterbury students post-quake.

"Schools are crying out for more support so they can meet their students' wellbeing needs," says Harith. "There's a tremendous desire amongst schools to do more in the wellbeing area but up until now there hasn't been a lot of practical guidance on how to go about it."

"Sparklers pulls together evidence based wellbeing activities in a way that's easy to implement in the classroom. The activities are simple, easy, and proven to work."

"We've piloted Sparklers in several Canterbury schools and the response has been amazing. Schools are incredibly enthusiastic about Sparklers and the activities are making a real difference," he says.

*All Right?* Manager Sue Turner, says that while Sparklers had its genesis in recovery from the greater Christchurch earthquakes, its content is relevant to tamariki throughout New Zealand.

"We think of Sparklers as a kind of gift to the nation. It's a really positive thing that's come out of the earthquakes, and its benefits will extend far beyond Canterbury," Sue says.

In addition to the 36 activities for teachers, *All Right?* has created six parenting guides that can be accessed at [www.allright.org.nz/parents](http://www.allright.org.nz/parents).

To find out more about Sparklers, visit [www.allright.org.nz/sparklers](http://www.allright.org.nz/sparklers).

# It's official! Canterbury DHB has an excellent newborn hearing programme

Canterbury DHB has achieved an excellent result in a recent audit of its Universal Newborn Hearing Screening and Early Intervention Programme (UNHSEIP).

The National Screening Unit has completed its audit of the systems and structures in place to support effective delivery of the programme at Canterbury DHB.

It showed Canterbury DHB was compliant with 44 of the 46 criteria assessed (96 percent), partially compliant with one criterion (two percent) and non-compliant with one criterion (two percent).

Operationally, systems are in place to support effective delivery of the UNHSEIP and good connections have been established with professional teams across the programme pathway including teams at West Coast DHB, says Group Manager, National Screening Unit, Astrid Koornneef,

The service has a set of comprehensive operational policies and procedures, and clear processes are in place for monitoring programme performance. A detailed plan for supporting quality in the delivery of the UNHSEIP is in place, and examples of quality improvement activities undertaken were provided.

"We would like to thank the UNHSEIP team at Canterbury DHB for their work to date on this service, the hard work in preparing documentation for the audit and their timely response to our queries," she says.

The 2017 audit was a desktop review of documentation and reports. The findings of the audit were moderated by clinical and management experts.

"This is an excellent result for the service and we would like to acknowledge the hard work undertaken by the DHB, and the UNHSEIP team in particular, to ensure high quality programme delivery consistent with the programme's National Policy and Quality Standards.

"I would like to take this opportunity to thank you and your team for your work on supporting better outcomes for newborn babies," Astrid says.

Service Manager, Child Health, Anne Morgan, says the team, led by Angela Deken and supported by Charge Audiologist Gurjoat Vraich, are very dedicated and passionate about the service, ensuring that babies are screened within appropriate time frames and that any follow up required does happen.

General Manager, Christchurch Hospital, Pauline Clark, says it is an excellent result.

"I commend the team and acknowledge the fantastic efforts of all in achieving this."

"We have a dedicated team and especially in the leadership space and it is wonderful to see their efforts acknowledged and positively reflected."

# Champion of person-centred care takes up new role

Highly respected Occupational Therapist, Maria Scott-Multani, is leaving Canterbury DHB to take up a role as Wellness Manager for an aged residential care provider.

Maria's career has reflected her passion for improving the wellbeing of people experiencing mental health issues, particularly people living with dementia.

In 2002 she began working in a clinical inpatient environment at Canterbury DHB where she often met people who were living with dementia that were experiencing loss due to the way that other people, including staff, responded to them.

Maria completed a Post-Graduate Certificate in Social and Health Care of the Elderly in 2006 and discovered the work of Tom Kitwood on person-centred care. This gave her the foundation in 2007 to develop the 'Walking in Another's Shoes' education programme for paid caregivers and diversional therapists working in dementia specialty residential facilities.

At the time Maria was also working as professional leader for occupational therapy.

This unique programme, designed by Maria, is interactive, experiential, and reflective. Its success has seen it spread throughout South Island DHBs and to parts of the North Island, with Maria as its Educator in Canterbury and the National Co-ordinator.

Maria was awarded the Whakaora Ngangahau Aotearoa award from Occupational Therapy New Zealand and

highlighted as one of five New Zealand occupational therapist agents of change for her work in encouraging person-centred care through the Walking in Another's Shoes programme.

She is also the co-developer of the Open Minds Open Doors dementia education programme administered by Careerforce in a \$1.2 million project. Since 2015 over 2,000 home-based carers have gained an introduction to person-centred care for people living with early dementia through this programme.

Maria is widely respected as a champion of person-centred care within our service and the wider dementia care sector. Her passion and genuine commitment to the wellbeing of older people shines through.

She is often described as one of the most inspirational people you could ever encounter.

While she will be greatly missed at Canterbury DHB we look forward to the positive change that she will be making in her new role to enhance the wellbeing of people living with dementia in residential care.



Maria Scott-Multani

## Canterbury Grand Round

**When: Friday, 30 June 2017 – 12.15pm to 1.15pm with lunch from 11.45am**

Venue: Rolleston Lecture Theatre

**Speaker 1: Dr Stephen Streat, Intensivist ADHB and Clinical Director Organ Donation NZ (ODNZ)**

**“Organ and tissue donation in NZ”**

ODNZ is our national agency for organ (and some tissue) donation from deceased persons. Organ donation has increased steadily in recent years, including both after brain death and after circulatory death. Transplantation has also increased, due to increases in both deceased and live (kidney) donors.

**Speaker 2: Dr Nick Cross, Nephrology**

**“Progress in Increasing Access to Kidney Transplantation in NZ”**

New Zealand has high rates of live donor kidney transplantation, but we are trying to do more. Together with the increased deceased donor rates, there are more kidneys than

ever before being transplanted in New Zealand – but there is more work to be done, due to unmet need.

**Chair: David Knight**

**Video Conference set up in:**

- » Burwood Meeting Room 1.5
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton
- » The Princess Margaret Hospital, Riley Lounge
- » Pegasus, 401 Madras Street, Christchurch, Room 1.02

All staff and students welcome.

This talk will be uploaded to the [staff intranet](#) within approximately two weeks.

**Next is – Friday, 7 July 2017**

Convener: Dr R L Spearing, [ruth.spearing@cdhb.health.nz](mailto:ruth.spearing@cdhb.health.nz)

# One minute with... Tracey Bruce, Child Health Nurse Educator

## What does your job involve?

I am one of two child health nurse educators and we facilitate education for staff working with children, whether it is in the Child Health department part of their day-to-day work, or in areas where they have contact with children some of the time. As part of the role, I support Nursing Entry to Practice Programmes (NetPs) within the department, which I enjoy.

## Why did you choose to work in this field?

Growing up as far back as I can remember I wanted to be a teacher. This wasn't to be but I found I enjoyed caring for others as part of a holiday job so applied to nursing. When I graduated I had to go to Australia as there were no jobs in New Zealand at the time (back in the early 1990s) so I didn't find child health nursing until I returned a few years later when I agreed to do nights to get a job. Now I am lucky enough to combine three of my passions – education, nursing and children – and wouldn't have it any other way.

## What do you like about it?

The challenge of keeping the education relevant, up-to-date, and interesting. As a learner if I am not interested I find I struggle to maintain my interest, so as an educator I like to change things up during the day to maintain staff interest.

## What are the challenging bits?

The variety. When we are nursing children, they change over the years developmentally, from a newborn to a teenager. Each stage provides challenges for those that care for them to understand what is happening both to their bodies but also their hormones and thoughts.

As an educator, the fast changing best practice issues that require support and education for staff who are already dealing with a number of changes. How do you make it interesting, relevant and give them the ability to make the change in their practice?

## Who inspires you?

Parents and families of children with chronic or life-limiting illness – the love and care they provide every day to their children is inspirational. Along with the staff who work with them to provide them the support and understanding they need to undertake this care, be it when they are admitted acutely or in their own homes.

## 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?

As an educator, I try and ensure that the values are woven into most face-to-face sessions I have with staff. When working, as I interact with staff or clients, I try to ensure I act with integrity and that I am responsible for the actions I take when making decisions that affect others.



## One of the best books I have read was...

I belong to a book discussion group that has been going over 12 years and it challenges me to read books I wouldn't normally look at. One book that made an impression on me was 'Colour Travels through the Paintbox' by Victoria Finlay. It is about the history of colour and how paints were made way back when. I found how inventive they were without the technology we have today.

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

That is a hard one, I like to travel, and would like to go to Peru in the next few years. I would also like to be on holiday with my extended family, somewhere near water.

## What do you do on a typical Sunday?

As I work on a Sunday in my other role it would have to be a Saturday, so a round of golf (not when there is frost though), lunch with friends, a game of bridge and going to theatre.

## One food I really like is...

Cheese – I have always been a cheese mouse. Offer me a nice creamy blue or chocolate and I will choose the cheese. But I like most food especially when eating with friends; it tastes so much better then.

## My favourite music is...

I like a broad range of music from Meatloaf to classical, nothing better than playing it loud and dancing like nobody is watching, or walking through the park to work listening to my favourite tunes.

If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).

# Burwood Hospital nets another award

The new Burwood Hospital facilities have scooped another award to add to its growing collection. The building was awarded Excellence in the Fagerhult NZ Health and Medical Property Award in the annual Property Council Awards.

The building also recently won gold in the NALCO Health Project Award category in the 2017 New Zealand Commercial Project Awards. The judges commented, "From the state of the art façade to the industrial architecture in the boiler house, contrasting with the softer, comfortable ambiance of the public and ward areas, all combine to give an overwhelming visual experience."

Finally, there was acknowledgement for the architects – Sheppard and Rout Architects, Jasmx and Klein won a Public Architecture Award in the 2017 Canterbury Architecture Awards, for their work on our new hospital facilities.



GM Older Persons Health and Rehabilitation Dan Coward (centre) with the Excellence Award for Burwood Hospital's new facilities

# Volunteer scoops recognition award

Christchurch Hospital volunteer Zita Matthies has been recognised for her outstanding volunteering service at the recent Volunteering Canterbury awards on 19 June.

The awards acknowledge outstanding efforts and achievements by volunteers of all ages in all sectors. This year's ceremony was hosted by *Newshub Live at 6pm* Co-Anchor Mike McRoberts.

Zita, 74, will have been volunteering at Christchurch Hospital for 15 years this July. She began volunteering pushing the shopping trolley round all the wards, selling items to bed-ridden patients unable to shop, and having a cheerful approach and a chat to lonely patients plus delivering flowers to patients, says Volunteer Coordinator, Jan Danrell.

She moved to work in the main volunteer shop and Post Centre which she continues to do twice a week, including all day 8 am – 5pm every Sunday.

Jan says she nominated Zita for recognition for many reasons.

"Zita has a lovely way with people; she seems to have a genuine love and concern and goes the extra mile to help them, listening to their worries whilst working in the shop.

"She is popular with returning patients who often ask for her and never says no if asked to do extra shifts at short notice, count stock for the stock take, train new volunteers or any task we ask of her.

"Zita is a real asset not only for the Volunteers Service, but as an advocate for the patients she meets, and through the ideas she has for improving our service. We would be lost without Zita's loyal support and energy, and her genuine loving smile."

Zita says, "It doesn't matter what I do – I'm just happy to be doing it."

She has no plans for retirement and says she will volunteer "as long as I can walk and think".

"In older age it keeps you in touch with people, the world, and what's happening. It's so good to be interacting and using your skills."



Volunteer Coordinator, Jan Danrell, award-winning volunteer Zita Matthies and fellow volunteer Ruth Surgenor



# CARE AROUND THE CLOCK

**Call your GP team 24/7 for health advice**  
If it's after-hours a nurse is available to give free health advice

**Canterbury**  
District Health Board  
Te Pouni Hauora o Wairarapa



**#carearoundtheclock**

# Recruitment

## Are you a Senior Registered Nurse with a passion for education? Please look no further!

### About Us

Working for the Canterbury District Health Board – working for the Community. At its core, our vision is dependent on achieving a truly collaborative, ‘whole of system’ approach where everyone in the health system works together to do the right thing for the patient and the right thing for the system and our community as a whole.

### About the Role

- » Nurse Coordinator – Professional Development Recognition Programme
- » Permanent Full-Time role – Monday-Friday based at the Corporate Office
- » Reporting to the Nurse Manager – Nursing Workforce Development
- » This role has a focus on promoting excellence in nursing practice and nursing education within the organisation
- » This role will see you providing effective nursing leadership through a collaborative consultative based approach with the ability to encourage all those who seek further knowledge in their nursing education
- » You will engage with all key stakeholders and involve all those necessary, supporting excellent research and evidence-based nursing practice
- » You will manage the processes and procedures of the nursing PDRP programme ensuring successful PDRP Programme delivery
- » You will sit on Te Kahui KoKiri Matanga PDRP Programme Advisory Committee and attend both national and regional forums

### Skills & Experience

- » You will be a Registered Nurse with the Nursing Council – hold a current APC
- » You will hold a graduate qualification in Adult Education or Clinical Teaching or be working towards this
- » You will hold or be working towards, a post-graduate Level 8 qualification
- » You will have demonstrated excellence in safe cultural practices that align with Te Tiriti o Waitangi

- » You will have the ability to engage effectively with all stakeholders, including multi-disciplinary teams and tertiary providers using appropriate nursing standards and quality initiatives
- » You will be a skilled portfolio coordinator, able to incorporate systems and processes in to your transactional and strategic practice
- » You will be a professional committed to excellence in your own practice and have the ability to bring others along with you in a positive and informative way with a wider view of increasing better outcomes of equity for the community you serve

### Our Culture

- » Care and respect for others. Manaaki me te whakaute i te tangata.
- » Integrity in all we do. Hāpai i ā mātou mahi katoa i runga i te pono.
- » Responsibility for outcomes. Te Takohanga i ngā hua.

### Benefits

- » Something For You is an employee benefits programme available to all staff of the Canterbury DHB. Canterbury DHB staff are entitled to preferential rates at a wide selection of partners either on a permanent basis or at exclusive events throughout the year. For both the things you need and the things you just want, as a Canterbury DHB employee you will be sure to enjoy being able to choose a little Something For You.
- » We help you to construct your Professional Development Pathway out of the components that are best for you, resulting in better patient outcomes.

### How to Apply

Apply online, or to find out more information, please contact Karli Te Aotonga, Recruitment Specialist – Nursing, Phone: (03) 3377923 or email [karli.teaotonga@cdhb.health.nz](mailto:karli.teaotonga@cdhb.health.nz).

Applications are only accepted online so please visit our website at [www.careers.cdhb.govt.nz](http://www.careers.cdhb.govt.nz) to complete an application.



# Māia Health Foundation feast

## It's Canterbury's greatest and newest Feast. Gather 'round.

Māia Health Foundation invites you to the Feast: an exquisite night of fine dining, merriment and entertainment. Join us as we come together to enrich Canterbury's health services.

Guests will be served an elegant banquet created by local food legends, Jonny Schwass and White Tie Catering. A great selection of wine will complement the meal and you will also be treated to an exclusive performance by singer/songwriter and Māia Ambassador, Bic Runga.

To add to the festivities, an indulgent range of auction items have been kindly donated by friends of Māia. Proceeds will benefit two game-changing projects: a future-proofed rooftop helipad and enhancements to the children's facilities at Christchurch Hospital's new Acute Services Building – so bid your heart out!

Join us as we celebrate the bold new spirit of Canterbury's health and well-being.

**Saturday 19th August, 2017**  
**Christchurch Art Gallery**  
**6.30pm**

**Music: Bic Runga**  
**Food: Jonny Schwass and White Tie Catering**  
**Dress code: Black tie**  
**Tickets: \$315 p.p.**

To reserve your tickets, please click [here](#). In the event you require an invoice, please contact [feast@maiahealth.org.nz](mailto:feast@maiahealth.org.nz) and provide us with your full name, phone number, email and required number of tickets to ensure a prompt follow-up.



#goodtogreat



# Sparklers

Helping tamariki live brighter

Sparklers helps kids to live brighter by teaching them things they can do to stay calm, manage worries and feel good.

To help your child to 'sparkle' and gain access to a huge range of parenting tools, tips and tricks, visit:

[allright.org.nz/sparklers](http://allright.org.nz/sparklers)

**The Cancer Society invites  
you to attend an  
information evening**



## What's New in Cancer Research?

# Genes & Lifestyle

7pm Thursday 20th July 2017  
St Andrew's College Centennial Chapel  
347 Papanui Road, Christchurch

Information Evening Chair and Introduction **Dr Margaret Currie**

Decoding our Genes to Prevent Cancer **Dr Logan Walker**

The New Zealand Familial Breast Cancer Study **Dr Vanessa Lattimore**

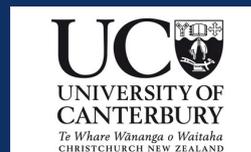
The Cancer Society Tissue Bank Supports Cancer Research **Helen Morrin**

Modifiable Risk Factors in Cancer **Professor Ann Richardson**

How do Fat Cells Stimulate Breast Cancer? **Dr Elisabeth Phillips**

Vitamin C: Snake Oil or Therapy? **Associate Professor Gabi Dachs**

The Latest is Not Always the Greatest ...Why We Need Randomized Trials  
in Medicine **Dr David Gibbs**



Please RSVP by Friday 14th July to Cancer Society Christchurch  
Phone: 03 379 5835  
Email: [contact@cancercwc.org.nz](mailto:contact@cancercwc.org.nz)



## International, Multidisciplinary Rehabilitation Conference Christchurch, New Zealand | 29<sup>th</sup> – 31<sup>st</sup> January 2018

# Stroke Rehab: From No-Tech to Go-Tech

**Stroke Rehab: From No-Tech to Go-Tech** will include keynote addresses and panel discussions, covering principles of neuroscience and neural recovery, and multidisciplinary engagement in clinical stroke management. The conference is open to all researchers, clinicians, engineers, physiologists, and students with an interest in cortical, corticobulbar or corticospinal rehabilitation.

With an emphasis on incorporating emerging technology into rehabilitation practices, this conference will provide a wide range of educational offerings that cross multidisciplinary boundaries but also target the needs of subspecialties in stroke rehabilitation.

### CONFERENCE VENUE

Te Puna o Waiwhetu (Christchurch Art Gallery) is centrally located in downtown Christchurch, New Zealand. The conference will be held in the beautiful, modern lecture hall and is just a few blocks from the Botanical Gardens, lovely cafés, and restaurants.

**Address:** Cnr Worcester Blvd and Montreal St, Christchurch

### REGISTRATIONS NOW OPEN!

Receive a reduced rate by registering before the 'Early Bird' date: 1<sup>st</sup> November 2017.

### REGISTER ONLINE:

[www.science.canterbury.ac.nz/stroke-rehab](http://www.science.canterbury.ac.nz/stroke-rehab)

### ABSTRACT SUBMISSION DEADLINE:

15<sup>th</sup> September 2017.



### KEYNOTE SPEAKERS



**PROFESSOR JOHN KRAKAUER**  
Johns Hopkins University, USA



**PROFESSOR LEEANNE CAREY**  
LaTrobe University, Australia



**PROFESSOR PETER LANGHORNE**  
University of Glasgow, UK



**PROFESSOR DIANE KENDALL**  
University of Washington, USA



**DR. PHOEBE MACRAE**  
University of Canterbury, New Zealand



## General Destination Information

# Christchurch & Canterbury

### CHRISTCHURCH: A CITY REIMAGINED

Picturesque Christchurch offers experiences for all tastes, from golf and hot air ballooning to punting on the Avon River and relaxing in its stunning Botanic Gardens. Reconstruction following a major earthquake in 2011 has seen Christchurch emerge as a city reimagined, complete with inspiring street art, a pop-up “Cardboard Cathedral” and a quirky shopping mall made from brightly coloured shipping containers. This newfound energy and inventiveness earned Christchurch a spot in Lonely Planet’s 2013 Best in Travel guide as one of the top 10 cities to visit globally.

👤 Population: 363,000 people 🚗 12km from airport to city 🏠 Accommodation: 4,000 rooms

#### AIRPORT ACCESS

Christchurch International Airport is located 12km northwest of the city centre and is the major international gateway into the South Island. Business and incentive visitors can travel from the airport to the city by taxi, shuttle, rental car, or public bus.

International flights arrive direct from Singapore, Australia and Fiji. Linking flights are available from a wide range of other destinations in Asia, Europe, USA, South America and the Middle East. Air New Zealand and Jetstar offer daily flights linking all major cities and many smaller towns across New Zealand.

#### GETTING AROUND

Christchurch’s network of shuttles, taxis and public buses makes it easy for visitors to travel between the airport, accommodation, event venues and city attractions. For those travelling outside the city limits, luxury coach companies can organise tours to popular nearby destinations, such as Akaroa, the Waipara wine region, and the alpine town of Hanmer Springs.

#### ACCOMMODATION

There are more than 4,000 rooms on offer across Christchurch in a wide variety of accommodation, from boutique luxury lodges and self-serviced apartments to modern hotels with conference facilities on site.

### PRE AND POST TOURING IDEAS

**CLIMB** aboard the TranzAlpine, one of the six top train journeys of the world, to experience the stunning scenery of the Southern Alps. The spectacular 4.5 hour journey travels between Christchurch and Greymouth.

**SKI** or snowboard at one of the 10 ski fields in Canterbury during winter. Mt Hutt, the largest ski field in the region, is 20 minutes’ drive from Methven or 90 minutes’ drive from Christchurch.

**UNWIND** in natural hot pools in the alpine village of Hanmer Springs, 90 minutes’ drive north of Christchurch. Visitors to Hanmer Springs can hike and mountain bike on the nearby forest trails or play golf at the beautiful Hanmer Springs Golf Club.

**BE AMAZED** at the diverse range of wildlife in Kaikoura, two and a half hours’ drive north of Christchurch. It’s the perfect place to go swimming with dolphins or seals or do some whale watching.

**DINE**, shop or just relax in the French-inspired seaside settlement of Akaroa, southeast of Christchurch. Visitors can experience swimming with the world’s smallest dolphin, the Hector’s dolphin.

**TRAVEL** west to explore New Zealand’s highest mountain, Aoraki Mount Cook, and the lakeside township of Tekapo. Get up close and personal with the Tasman Glacier on a Glacier Explorers tour, or go star gazing in the nearby Mackenzie Basin – the world’s largest “International Dark Sky Reserve”.

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION



Be Active is an eight-week programme for people wanting to increase their level of activity and have fun along the way.

# BE ACTIVE

Term 3 2017

## Aranui

**Aranui Wainoni Community Centre**  
31 Hampshire Street, Aranui  
Mondays 1:30- 3:00pm  
Starting 24th July

## Lincoln

**Lincoln Event Centre**  
15 Meijer Drive, Lincoln  
Wednesdays 10:30am- 12:00pm  
Starting 26th July

## Spreydon

**Pioneer Recreation and Sport Centre**  
75 Lyttelton Street, Spreydon  
Wednesdays 6:15- 7:15pm  
Starting 26th July

## Bishopdale

**Bishopdale YMCA**  
13A Bishopdale Court, Bishopdale  
Thursdays 1:30- 3:00pm  
Starting 27th July

For more information and to register please contact:

Anna Wilson

P 03 373 5045

E [anna.wilson@sportcanterbury.org.nz](mailto:anna.wilson@sportcanterbury.org.nz)

[www.sportcanterbury.org.nz](http://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, e.g. 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.

