



Be a Flu Fighter

Our lovely warm autumn weather came to an abrupt end last week. Fittingly, the arrival of wintry weather coincided with the start of our free staff flu vaccination programme. The wintry blast was no doubt partly responsible for the huge uptake in flu vaccinations we've had so far.

I'm told that attendance at clinics was higher than usual for the first week of vaccinations, and an additional 2500 vaccines had to be ordered on Wednesday to avoid running out!

Perhaps another reason for higher-than-usual-uptake is because this season's flu strain in the Northern Hemisphere has been the most severe in nearly a decade, killing people across all age groups and resulting in high rates of hospitalisation. Each year the World Health Organization makes recommendations as to composition of the vaccine. This year's vaccines for New Zealand have been bolstered to offer protection against the Northern Hemisphere strain, sometimes called the 'Aussie flu.'

It's important that everyone working in our health system gets their flu vaccine. Not only to protect themselves, but also to protect our patients, many of whom are particularly vulnerable to the impact of influenza.

Free flu vaccinations support our people to be and stay well and provide the best possible care for our community. It's great to see that so many of our people have rolled up their sleeves and had their flu vaccination. Thank you.

And a special thank you to our committed group of authorised vaccinators who take on this responsibility

It's important that everyone working in our health system gets their flu vaccine.

every year – offering free vaccinations to all our staff would be impossible without you.

If you haven't had your free flu vaccination yet don't worry – there's still time! All you need to do is attend a clinic or contact an authorised vaccinator in your work area. Details of free staff flu vaccination clinics, and a list of authorised vaccinators, can be found on the [intranet](#).



Ashburton Clinical Manager Jeanette Balfe, watches Ashburton Health Services Manager Bernice Marra get an influenza vaccination by Infection and Prevention and Control Clinical Nurse Specialist Jill Gerken (credit: *Ashburton Courier*)

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Celebrating the expansion of *Tūhauora* – Christchurch Central Alcohol and Other Drug (AOD) Service

Last Friday the Minister of Health, Hon Dr David Clark 'did the honours' at the official opening of the expanded *Tūhauora* – Christchurch Central Alcohol and Other Drug (AOD) Service.

Managed by Odyssey House and with strong links to other government, community and NGO addiction services, as well as Canterbury DHB's specialist mental health services, *Tūhauora* provides a centralised pathway for consumers and referrers to treatment and support.

Essentially, it's a 'one-stop shop'

What makes *Tūhauora* so effective is its collaborative approach with several different organisations working together to provide a seamless AOD service.

How does this help the consumer? By providing better access to services, quicker responses, consistent assessments and increased peer support involvement.

Peer support benefits our consumers because it means they have a team of people supporting them.

Since *Tūhauora* – Christchurch Central was opened in 2016, the service has led greater development in treatment and care, and experienced a 25 percent increase in referrals.

The collaboration was initially expected to service 1500 referrals from consumers, concerned others, GPs and Police, and in 2017 this had risen to 2200.

The expanded premises, which the Minister opened on Friday, bring together more service providers in one building and has added Group rooms where NGOs can meet with client groups, family groups and industry groups.

The new service is based at 55-59 Ferry Road and will be open 8.30-7.30pm Monday-Friday and Saturday 10-2pm, with a view to increase the hours in the weekend as the collaboration continues to grow.



Hon David Clark with Nigel Loughton, Clinical Director of Christchurch Central Services

Wednesday, 18 April is Administrative Professionals Day

I know I'm a couple of days early but I want to acknowledge the work of all the administrators who work in the Canterbury Health System in a wide range of roles. We'd be lost without you. Admin Professionals can be found throughout our services and I have nothing but praise and admiration for the Administrators who are part of our Executive and Board team.

Happy Administrative Professionals Day to you all for Wednesday. I know many of our Admin staff are involved in projects which are designing changes to the way you work to standardise systems and processes ahead of moves into new facilities. Many are also involved in training to work in the new systems that will be in use in our new facilities – thank you for choosing to work with us – your skills and dedication are appreciated!

Wednesday is a day to celebrate and recognise the work you do to keep things working, moving and organised.

Haere ora, haere pai

Go with wellness, go with care

David Meates
CEO Canterbury District Health Board



Bouquets

Wards 15 and 20, Christchurch Hospital

Since I have stayed in hospital I have been treated so well. All of you have been kind and caring to me. I haven't been so well treated by people in the real world and coming here has put me at peace. The food is very good. I have been feeling horrible for years. Thank you for healing me.

Ashley, Security, Christchurch Hospital

I was brought in by ambulance and was in a very dark place. A guy from Security was told to stay with me. How happy I am that he did as he listened to what I had to say. He was supportive and friendly, which was just what I needed at that time.

Ward 18, Christchurch Hospital

Right across the board everyone has been better than great, they have been outstanding. Helpful, well-trained, cheerful, considerate and trustworthy. I felt safe, secure and in the very best of care. From the surgical staff, nurses, kitchen crew and cleaners, thank you for your care, professionalism and your humanity.

Wards 12 and 10, Christchurch Hospital

Excellent service from so many people involved in my recovery. I arrived at my lowest point and everyone has helped me along the way. The nursing staff were very caring and understanding, ready and willing to assist whenever they were asked. Surgeons, cardiologists, physios,

trainees, nurses, occupational therapists, nurse aides, anaesthetists, cleaners and everyone in between, have been superstars.

Oxford Hospital

I have been here recuperating for approximately two weeks. What a great experience. Great staff, great meals and the place is just lovely, also very clean. Staff are well trained and very friendly. Thanks again.

Dr Val Fletcher and Ward 24, Christchurch Hospital

Thank you Dr Fletcher and the staff of Ward 24 for the kindness and expertise shown to my wife. We are very grateful for how she was looked after. It's hard to accept such a bolt from the blue but glad she was not suffering. She is now settled. Again many thanks.

Maryanne, Ward 25, Christchurch Hospital

I have been a patient on Ward 25 on several occasions over the past year or so, due to poor lungs. I was looked after by a nurse called Maryanne. She was a great help when I was unwell, quick and efficient when support was needed. I have watched her grow over time, getting on with her job, happy to help with patients or students. Maryanne keep it up, you are a great asset to Canterbury DHB. Well done.

Dr Sam Arnold, Christchurch Hospital

I would like to compliment Dr Sam Arnold for always sharing appreciation and kindness to staff and

colleagues. His friendly manner and approachability is a breath of fresh air for a young doctor like himself on a busy ward. Staff, patients, family alike all find him to be a fantastic doctor. Thank you.

Audiology, Christchurch Hospital

The service provided is excellent, staff are friendly. Well done.

Ward 10, Christchurch Hospital

I would like to praise the staff in Ward 10 for their competence, friendliness and professionalism. Special note goes to Kathleen (nursing trainee) and Gabby.

Oncology Ward, Christchurch Hospital

What an awesome set up you have here in the Oncology Ward. Such a welcoming bunch of staff. Excellence deserved.

Keith, Sexual Health Clinic

Keith is nothing short of an angel. His friendly and warm demeanour, sense of humour and ease at gay sexuality made me feel well cared for and welcome. His empathy and assistance have made my being a gay man in New Zealand feel inclusive and, well, like I'm home.

Ward 28, Christchurch Hospital

Thanks to all the great staff, everyone was fantastic

Ward 28, Christchurch Hospital

All the staff were very friendly and caring often doing that 'little bit more' to help my wife recover. We thank you all.

Plastic Surgery Outpatients, Christchurch Hospital

I would like to sincerely thank all who work at the Plastic Surgery Outpatients at Christchurch Hospital. After having three skin grafts I have always been treated so well. Once talking to a staff member at midnight, weekend visits and also regular appointments were all reassuring. I think the last three visits having the same nurse who wrote instructions for Nurse Maude made faster progress with my healing for which I am grateful. With thanks.

Ward 11, Christchurch Hospital

I would like to pay compliment to all staff on Ward 11, on my recent eight-night stay. The staff are run off their feet but they never made you feel that you are not important. They were discreet, respectful and the nurse aides always went the extra mile. Kitchen staff were amazing and I loved the meals. Nothing was a problem. My trip to Radiology to find a vein for my IV was a hoot, everyone was chirpy and very efficient.

Intensive Care, Christchurch Hospital

All staff were very polite and caring both to my wife and myself and their knowledge and skills undoubtedly saved my wife's life. My heartfelt thanks to you all.

Burwood Hospital

Excellent service provided by the team at Burwood. Reassurance, plenty of information on melanoma and treatments. Surgery to remove more of the melanoma excellent and a bit of humour and laughter as well. Thanks team!

Emergency Department (ED), Christchurch Hospital

My son was seen last night at the ED – just to pass on our thanks for the prompt and professional care he received after some over-enthusiastic sparring at boxing training! And that was from ALL the staff from start to finish :) Thanks again.

Ward 12, Christchurch Hospital

Amazing ward, Sophie was so nice admitting my mother. Very respectful, kind and caring. Dr Martin Churcher was outstanding explaining everything in detail, very nice and respectful, wonderful doctor.

Amber, Ward 12, Christchurch Hospital

Excellent, kind, compassionate and professional nurse called Amber who cared for me needs to be commended. Wonderful young lady and amazing nurse.

Christchurch Hospital Outpatients

Brilliant friendly service.

Emergency Department, Intensive Care Unit and Ward 11, Christchurch Hospital

Thank you so much for the excellent care given to my husband. The expert skill from doctors and nurses was amazing to be involved with as a significant other. I felt involved and respected. Everything was explained clearly to me and I was reassured in every aspect of his care. It is very scary when faced with life and death. I will remain so very grateful to all teams at work.

Tamara and Rose, Ward 18, Christchurch Hospital

All nursing staff in Ward 18 are amazing, Tamara in particular and Rose.

Ward 17, Christchurch Hospital

I am so happy to have my surgery at Christchurch Hospital because Dr Sharma, Dr Michelle O'Grady and the team were so good in operating on my hernia. Well done guys. Also the nurses were very good, especially the night shift nurse Abby. She was so good and took excellent care of me. Once again thanks to everyone who took care of me.

Ward 28, Christchurch Hospital

The staff on this ward are beautiful people. I have spent time in there visiting a friend who has been ill, and their kindness has been overwhelming. I thank the universe you humans are around.

Ward 27, Christchurch Hospital

Your nurses are fabulous, kind, caring and respectful angels. Thank you all (especially Anna) for your wonderful end-of-life care and support of my loved one.

Ward 25, Christchurch Hospital

I would like to thank the staff on the ward during my stay in Ward 25, especially Nikki who has been very kind and helpful in every way during my stay here. Thank you Nikki and the others who have made my stay in hospital actually quite a fine experience. You are all excellent in your roles here. Thank you.

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

If you're a non-staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



The Library

“[Ticks rising](#)” – this detailed article charts the rise of Lyme Disease, explaining how climate change has assisted the disease-carrying ticks to spread into new territories. From *Aeon*, published online: 2 April 2018.

“[Traumatic Brain Injuries Are Tied to Dementia](#)” – a study published in *Lancet Psychiatry* has shown people with a traumatic brain injury (TBI) are 24 percent more at risk for dementia and those with five or more TBIs have nearly triple the risk. From *The New York Times*, published online: 10 April 2018.

“[MEPs devise strategy to tackle vaccine hesitancy among public](#)” – the European Parliament is concerned about the “worrying phenomenon of vaccine hesitancy” causing avoidable illnesses, deaths and health costs. The parliament has set up a cross party group pressing national governments and EU institutions to tackle the problem. From *BMJ*, published online: 23 March 2018.

If you want to submit content to **The Library** email communications@cdhb.health.nz.

To learn more about the-real life library for Canterbury DHB:

- › **Visit:** www.otago.ac.nz/christchurch/library
- › **Phone:** +64 3 364 0500
- › **Email:** librarycml.uoc@otago.ac.nz

Cath Pink:
Flu Fighter

“ It’s keeping ourselves healthy, to keep our patients safe. ”

Get your flu shot now!

Canterbury District Health Board
Te Pōwhiri Hauora o Wairarapa

West Coast District Health Board
Te Pōwhiri Hauora o Kaitiaki Take Kōwhiri

Facilities Fast Facts

Acute Services building

The pedestrian walkway into the reception area of the Acute Services building is looking more and more like the artist's impression every day, as shown below. All the steel work is in place and just waiting for the canopy to be installed.



Four emergency back-up power generators were craned into place on the east podium last week (see photo on right). The generators are an independent source of electrical power that are used in a power failure to keep critical equipment running. The generators are also used to supplement the hospital power during times of increased load on the Orion network.



Christchurch Outpatients

As this photo shows, it's all hands on deck all hours at the Christchurch Outpatients, as teams work towards getting everything finished for the opening of the building later this year. Fixtures and fittings are going in across the consult rooms on Levels 3 and 4. On the ground floor, work starts this week (weather dependent) on paving the area along Oxford Terrace. This will tie in with the work Ōtākaro starts (weather dependent) on the Oxford Gap in May.



Renowned American surgeon to speak at two Canterbury DHB events

An international guest speaker will be in Christchurch next week addressing a symposium on gender equity in medicine and a breast cancer seminar.

Caprice Greenberg MD MPH is a tenured Professor of Surgery and the Morgridge Distinguished Chair in Health Services Research at the University of Wisconsin.

At 5.15pm on Thursday 26 April Caprice will address a symposium in the Rolleston Lecture Theatre called 'We are all responsible: gender inequity in medicine, and why it must change.'

This symposium tackles head-on those difficult and sensitive questions around the culture of medicine, especially as it pertains to unintentional biases against women, and the fact that it is a problem perpetuated by both genders.

What needs to happen if women are to succeed in a very pressured and male-dominated specialty? Be prepared to be confronted!

Summary of the programme:

1. Caprice Greenberg: 'Sticky Floors, Glass Ceilings' on gender equity. This presentation will review data regarding the current state of gender disparities and underlying contributing factors, as well as lay out a potential plan forward to rectify inequities.
2. Angela McGregor: Unintentional bias in medicine, and the relative attractiveness of surgical specialties. This presentation provides local insight and context to the issue. Are we all part of the problem?
3. Spencer Beasley: How (1) perceptions around the attractiveness of specialties and (2) unconscious biases in selection for training, affect gender equity.

Prior to the symposium, Caprice will address a breast cancer seminar held in the Christchurch Women's Hospital Education and Conference Room, starting at 3:30pm.

The 75-minute workshop and seminar is relevant to all clinicians involved in the care of women with breast malignancy, offering an opportunity for sharing understanding around often complex and rapidly changing approaches to these common conditions.

An invitation is extended to general surgery trainees, surgeons, breast nurses and others including oncologists, radiologists and pathologists involved in the breast team to attend. Topics covered will include: MRI and when is it



Caprice Greenberg

useful, optimizing post-treatment surveillance for breast cancer and a neoadjuvant therapy case.

Caprice is a surgical oncologist specialising in breast cancer and a health services researcher focused on improving patient safety and quality of care.

She is past Recorder and Past-President of the Association for Academic Surgery and Past-President and Founder of the Surgical Outcomes Club.

Caprice has an M.D with Honours from the University of Chicago Pritzker School of Medicine, has held several clinical and research fellowships at the Harvard Medical School, received numerous honours and awards and published in many publications.

You can read more of her biography [here](#).

Popular Community Dental Assistant passes away

Our thoughts are with the family, friends and colleagues of Carleen Pocock, a Dental Assistant in our North Canterbury Community Dental Service team who died last week.

Carleen passed away peacefully at home after a hard fought battle with breast cancer. She was 49 years old, and leaves behind her husband Gavin and two sons, Logan and Reece.

Carleen will be missed very much by all who knew her, including her colleagues at the Kaiapoi Community Dental Clinic, who lost another colleague, Louise Galle, late last year.

Clinical Director Community Dental Service Martin Lee says Carleen had been with the service since February 2006. She was a hard worker and a “never give up” type of person.

“She was very orderly, when Carleen was involved things were always done properly.”

She will be greatly missed, Martin says.

Carleen was one of seven Canterbury DHB members of the 26-member “Abreast of Life” (ABOL) dragon boating team. The team won three gold and two silver medals in the Breast Cancer Division of the National Dragon Boat Championships in Ashburton in March.

Carleen’s dragon boating team say Carleen was their treasured paddling colleague, friend, mentor and fiercely competitive team member. She will be deeply missed by the “Abreast of Life” teams, both “ABOL” and their sister team “Amazon Hearts”.

Carleen joined in September 2014 quickly becoming an integral member of the team because of her paddling prowess, skills and expertise. She was a very willing and involved member of the fundraising committee and was dedicated to supporting fundraising efforts to provide uniforms, registrations and travel support.

Carleen enjoyed having a fun time, lots of laughter and participating in the social aspects of fundraising events and competitions alike. Her company, laughter, zest for life and enthusiasm was enjoyed by all who met her.

ABOL team members are described by their coach as being bold, brave and beautiful. The team say Carleen epitomised these attributes in all she did.



Carleen in a mobile Community Dental Clinic



Carleen, fourth from left in the front row, and her Abreast of Life dragon boating team

Calling all knitters

Christchurch Women's Hospital (CWH) is short of knitted woollen items for newborn babies and has put out an 'SOS' for help.

Staff and community volunteers have been knitting woollen items for babies for a long time, says CWH Midwife Mary Campbell.

"We really appreciate their wonderful efforts. However we are in short supply at the moment, particularly of hats, singlets, cardigans and bootees, in newborn size."

She is asking anyone who can assist to drop off these items to the hospital's Birthing Suite on level 3, Maternity on level 5, or to herself on the ground floor, in Fetal Medicine.

The items must be wool, not acrylic.

The knitted articles are given to families who don't have them in their hospital bag. Some forget to bring layers for their baby, others just don't have any, or the babies are too big or too small for the clothes they have brought.

"Also some people from outside of New Zealand don't realise how cold it can get here."

The benefit of wool is that it can help with stabilising a baby's body temperature. Because it's a natural fibre it breathes, so there is less moisture build up. It's also flame resistant, keeps warm in winter, cool in summer, is stain resistant, biodegradable, renewable, and soft.

"We aim to swap out any polar fleece we see on a baby. It causes baby to overheat," Mary says.

She is organising an evening at Knitworld, Peterborough St, on Tuesday April 24 from 6-8.30pm and invites staff members and the public to come along and knit for the hospital to replenish their stores.

The charity evening get together would be grateful for donations of wool. These can be sent to the Fetal Medicine Unit at Christchurch Women's Hospital.



Luke and Jemima wearing knitted woollen items made by volunteers



Donated knitted items for newborn babies (above and right)



Avoiding a fall starts with awareness

Falls are the most common cause of injury in people 65 years of age and over.

On 3 March this year, Bill had a fall at home. Unfortunately his fractured pelvis meant that, as part of his rehabilitation programme, he was unable to walk for at the least six weeks following his fall. He should be back on his feet around about now.

Bill is very excited at the prospect of walking again and the multi-disciplinary team at Ashburton Hospital are all assisting Bill in getting safely mobile and avoiding a fall in future. The aim is for Bill to regain a sustainable independence and to be as safe and pain free as possible back at home.

During his time at Ashburton Hospital, Bill has had no further falls. Given that being in hospital introduces a number of risk factors, this is a tribute to the meticulous work of all the team on the ward and to Bill's patience and determination to assist in his own recovery by listening to advice, and setting realistic goals for himself.

When asked if he knew he was at risk of falling in future, Bill recognised his leg pain and not being at home as risk factors.

Bill also pointed to his bedside board, which clearly shows what he can do unassisted and what actions he needs help with. Not only was Bill aware of himself being a falls risk, he also had a red band on his wrist and a red tag on his wheelchair to let everyone else know he needs help when mobilising.

The wrong footwear can also increase the risk of a fall. Bill wears agreed appropriate footwear because he knows "it's worth it". Bill's shoes have good grip so that they are also suitable for the wet weather ahead.

In reference to his personalised exercise regime as provided by a physiotherapist, Bill told one of his care team: "If you don't use it you'll lose it".

In his own words, he just summed up this year's April Falls theme which is 'Live Stronger for Longer'. This proactive multi-agency 'movement' centres on encouraging older people to stay active and independent to prevent a fall and potentially a fracture. Clinical evidence suggests regular exercise to strengthen leg and core muscles will improve balance and reduce a person's risk of falling.

Ashburton is very much focused on fall prevention this month. Not least because a recent audit highlighted that not all patients identified as a falls risk had their colour-coded visual cues – mobility wrist bands and corresponding tags on their mobility equipment.

As part of its April Falls work, Ashburton is addressing the audit findings by promoting the use of visual cues as a tool for patient safety and fall prevention.



Bill is aware of his risk of falling



Bill's appropriate footwear

April falls – a fun competition that leaves no-one out

The Christchurch Hospital Volunteers, Nurse Educator Lisa Bee and Clinical Nurse Specialist Kerry Winchester have combined their enthusiasm and talents to engage people, both staff and public, about falls prevention.

The Volunteers have kindly and generously provided three prize baskets and Essential Helpcare have provided orange balloons as children magnets in the hope their parents will follow! Brookside Park in Rolleston has provided enough leaves to fill a mysterious 'box' – we know it's a box, but its contents are a bit of an unknown quantity.

And to further confirm that this is a team effort, Medical Illustration's talented designers (yes, they did tell us to say that) have designed a colourful poster and aprons that make it easy for you to home in on Lisa and Kerry, like a child to a balloon.

There are no tickets to buy and you don't need to be an expert in anything, just be prepared to take a few minutes to talk about falls and guess how many leaves are in the box. The three people closest to the exact number of leaves get to choose one of the beautiful gift baskets.

The lucky winners will be notified after 30 April.

The team has also put together a colourful and enticing display for the noticeboard near the cash machine off the foyer of Christchurch Hospital for the week starting 23 April.

Lisa Bee's role is in Orthopaedic Trauma as a Nurse Educator, and she is a passionate falls prevention champion, always ready to add a creative touch (you may remember 'Roving Grannies'). Because she actively promotes the importance of involving families in the holistic care of our growing, aging population, she feels the Health Quality and Safety Commission's theme of 'Live Stronger for Longer' is a message for people of all ages.



Coordinator of Volunteers Louise Hoban-Watson, Lisa Bee and the prize baskets

April FALLS

COMPETITION

Guess how many leaves are in the box!

3 prizes up for grabs for patients, family and staff
Running 16th April - 27th April
Winners announced 30th April

Supported by the Christchurch Hospital Volunteers

Canterbury District Health Board
Te Pahi Hāora o Wairarapa

Happy Administrative Professionals Day

Administrative Professionals Day is on Wednesday 18 April – a chance for us all to thank the superb administrators who work in our health system, mostly behind the scenes, to keep everything running. They include our booking administrators, ward clerks, receptionists, telephonists, secretaries, medical secretaries, payroll officers, clinical coders, clinical records officers, personal assistants, data entry operators and so many others.

Allan Katzef, who's been acting General Manager at Christchurch Hospital for the past three weeks, knows the value of a great PA. He's been supported in his acting role by Maree Millar, one of our many admin superstars, who has herself only recently moved into her role as PA to the General Manager.

"We often hear that we're dealing with unprecedented amounts of change as a health system at the moment," says Allan. "What's often overlooked is that our admin people are also going through a lot of changes to their systems and ways of working, as well as physical changes to workplaces and spaces as our new facilities are completed.

"Over the next few months we'll see major changes to our patient booking and information systems (SI PICS) and our requisition and ordering systems (Oracle). We've also lately reworked most of our People and Capability systems via a new online portal known as Max. And there have also been huge improvements in systems such as Winscribe and digital dictation, allowing us to work better and faster.

"So it's great to be able to acknowledge people like Maree – she's so capable! We're lucky to have such resilient and adaptable people working for us."

Maree, says modestly: "I am part of a much wider team, where we depend on each other for advice and expertise – I couldn't do what I do without the support of my colleagues.



Maree Millar and Allan Katzef

Māia Health Foundation's 13 Minutes campaign exceeds target

By now you will have heard about Māia Health Foundation's '13 Minutes' campaign, raising critical funds for Christchurch Hospital's future-proofed rooftop helipad.

On March 3 2018 Māia set out with an ambitious target to raise \$500,000 in six short weeks. Māia has been overwhelmed by the support and generosity of the community who came together and raised over \$520,000.

With Rātā Foundation's generous offer to match dollar for dollar what the community raised (up to \$500,000), over \$1 million has been secured towards the hospital's helipad.

This incredible fundraising effort will have a significant impact on the \$2 million Māia is committed to raising for the helipad by the end of the year.

With this and already pledged funds, Māia has an additional \$700,000 to raise. A number of different fundraising activities throughout the course of the year are planned to help Māia reach this goal.

Please continue to support the Māia Team, whether it is through volunteer hours, advocating the cause, or by attending the annual gala event, The Feast, or the Māia Garden Party – it all counts.

Initial plans for the Acute Services building included a rooftop helipad. However, funding was allocated at a point when a smaller rooftop helipad was deemed sufficient.

With use of the air retrieval services increasing approximately 40 percent over the last three years, it became apparent that the hospital needed a larger helipad to cope with future demands. Funding was not available for this enhancement and so Māia Health Foundation committed to raising these critical funds.

Thank you to everyone who has supported the campaign, you really outdid yourselves!



Ilam School children learned about why a helipad is so important for Christchurch Hospital

People the highlight of career for long-serving mental health nurse

Summarising 45 years of growing up in the health system is hard, says senior mental health nurse Sally McPherson.

"I am now who I am because of those influences, particularly from being an active participant in Professional Supervision for Role Development since 1985."

Sally retires tomorrow after 45 years as a nurse in Canterbury DHB's mental health service. Her connection to mental health began as a student working at the former Sunnyside Hospital in her university school holidays.

After completing her degree she became a student nurse at a time when Sunnyside had around 1100 patients and was a training hospital with a three-year course in Psychiatric Nursing.

"Fifty four months ago, on April 3rd 1973, I traded my pink uniform for a white one with epaulettes. I enjoyed having a name other than 'Pinky' and my pay went from 66 to 99 cents an hour," she says.

In 1977, Sally was appointed a Charge Nurse of the Fergusson Clinic (acute inpatients). Ten years later she became the first Psychogeriatric District Nurse in Canterbury and helped set up the pilot for what has become the Burwood Day Clinic.

"And there I've been ever since, both dinosaur and oracle!" Sally says.

The highlights have definitely been the people – colleagues, patients and families. Working in rehabilitation showed her the positive effect of educating patients on their illness and treatment.

In the OPMHS she enjoyed the times she made a difference in systems, and advocacy, especially in dementia support and education. Her special regard goes to all who have worked diligently to improve their professional roles and inspired her to think deeper and do better about her own.

"When I retire I won't give up seeing myself as a nurse."

Psychiatric Nurse Stephen O'Neill says from day one Sally has been innovative and patient without ever losing sight of the needs of her fellow staff members, whatever their discipline.

"She was always on hand to guide and support staff especially as one of the instigators in setting up what is now the Older Persons Mental Health (OPMH) Community Team (previously Psychogeriatrics and Psychiatric Service for the Elderly)."



Sally McPherson

Sally was one of the drivers behind the formation of Alzheimers Canterbury (now Dementia Canterbury) and gave her own time to educate carers and sufferers of dementia.

She provided education for various care facilities around Christchurch on management strategies in dealing with the older adults in their care. She was invited to speak at conferences and happily gave her expertise, he says.

"Sally has not worked anywhere that has not benefited from her humanity, expertise and sharp mind."

She will be sadly missed by those of us on the OPMH Community Team as a leader, supervisor, mentor and the mastermind of the category, 'Older Persons Health'.

"On behalf of all of those who have worked with Sally I would like to wish her a happy retirement."

One minute with... Dave Nicholl, Service Manager for General Medicine, Dermatology and Clinical Pharmacology

What does your job involve?

My role means working with the clinicians within the services to ensure we have the necessary resources (people) to deliver the right care to patients who need the services. I see my responsibility as being largely to make sure that clinical staff can get on with focusing on dealing with patients, rather than having to fix things that get in their way.

Why did you choose to work in this field?

I've worked in health for around 20 years, but previously in a more policy and regulatory role than I'm in now. I wanted to get closer to what happens for patients, so I could actually see that my efforts were benefiting users of the health system. It previously felt a little too distant.

What do you like about it?

I love the quality of the people I'm working with. As far as I can tell, everyone is here for the right reason and believes in what they are doing. I'm constantly challenged, so never get bored. I learn things all the time, as every day is different.

What are the challenging bits?

Workforce issues are really difficult, as they can often be completely out of anyone's control. If I can't get the right people, or keep good people in the services, then delivering a good quality service is really hard.

Who inspires you?

I can think of several people who I work with on a daily basis, who have an amazing capacity for compassion, humility, and selflessness. They go the extra mile and do it without complaint. I feel humbled to work with such people. In terms of public figures, I did really admire Rob Moodie. Anyone who can go to court dressed as Alice in Wonderland, in order to protest the "male dominated corruption of New Zealand's judicial system" is inspiring. Those who can swim against the current for a cause have always had my admiration.

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

I actually think they are on the mark. I suspect that many



staff can't roll them off their tongue if you test them, but I think those values do represent the best of what we do.

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

The French Lieutenant's Woman.

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

Windsurfing at Bonaire in the Dutch Caribbean.

What do you do on a typical Sunday?

Try to do stuff with my kids in the outdoors, if I can pry them away from devices.

One food I really like is...

Twice-cooked Asian pork belly (my household is largely vego, so that's a big treat!).

My favourite music is...

Bob Marley sing-a-longs in the car with the kids (unfortunately, they are getting too cool for that now).

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

Canterbury Grand Round

Friday, 20 April 2018 – 12.15pm to 1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker 1: John Rawstron, Ophthalmology – “Cornea cross linking – a new treatment for keratoconus”

Cornea cross linking has become established as a mainstream treatment for keratoconus. It is able to halt the disease so that it does not progress to the point where a corneal transplant is not required. At Christchurch Hospital we have been providing the service in the main operating theatres but are now commencing treatment in the outpatient department.

Speaker 2: David Smyth, Cardiology – “Interventional Cardiology and the Legacy of the Scientific Enlightenment”

The Scientific Enlightenment of the 17th and 18th centuries involved a change in how biologists perceived living things. Instead of seeing things as ‘forms’ (anatomically), they moved to understand ‘function’ (physiology), mirroring what Newton and Galileo had done in Astronomy. In Cardiology, William Harvey spearheaded this by describing the circulation of the

blood. In the 21st Century, interventional cardiologists base their strategies on physiological measurement (coronary flow) rather than anatomy (severity of obstruction).

Chair: Andrew Butler

It is requested out of politeness to the speaker(s), that people do not leave half way through the Grand Rounds

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

Video Conference set up in:

- > Burwood Meeting Room 2.6
- > Wakanui Room, Ashburton
- > Administration Building, Hillmorton
- > The Princess Margaret Hospital, Riley Lounge
- > Pegasus, Room 1.02

All staff and students welcome

Next is – Friday, 27 April 2018
Rolleston Lecture Theatre

Convener: Dr R L Spearing (ruth.spearing@cdhb.health.nz)

Build Back Smarter – free healthy home advice

Now is the perfect time to make your home warmer for winter.

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Did you know:

- > Older ceiling downlights can act like chimneys sucking heat from your home.
- > Nearly half of your heat will be lost through your windows and doors.
- > Up to 50 litres of moisture each day can enter your home from damp ground.
- > Your new home designs can be reviewed for free by Christchurch City Council’s Eco-Design Advisor www.ccc.govt.nz/eco-design-advice
- > A \$6,000 loan for home improvements is available from the Canterbury Regional Council: www.ecan.govt.nz/healthier-homes-canterbury-expression-of-interest

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The New Zealand
EPILEPSY
Consumer Experience
SURVEY

Do You Have Epilepsy? **WE NEED YOUR HELP**

The Ministry of Health is working with an advisory group and Epilepsy New Zealand to improve services for people living with epilepsy.

We want to find out what is important to people with epilepsy, what services work well and what can be improved.

Access the survey at www.epilepsy.org.nz/survey

The survey runs until **Thursday 31 May 2018.**

If you prefer, the survey can be emailed or posted to you.

Please contact Epilepsy New Zealand for a copy.

phone: **(07) 834 3556**

or email: national@epilepsy.org.nz

For support and education about epilepsy phone 0800 374 537.

University of Otago, Christchurch

POSTGRADUATE

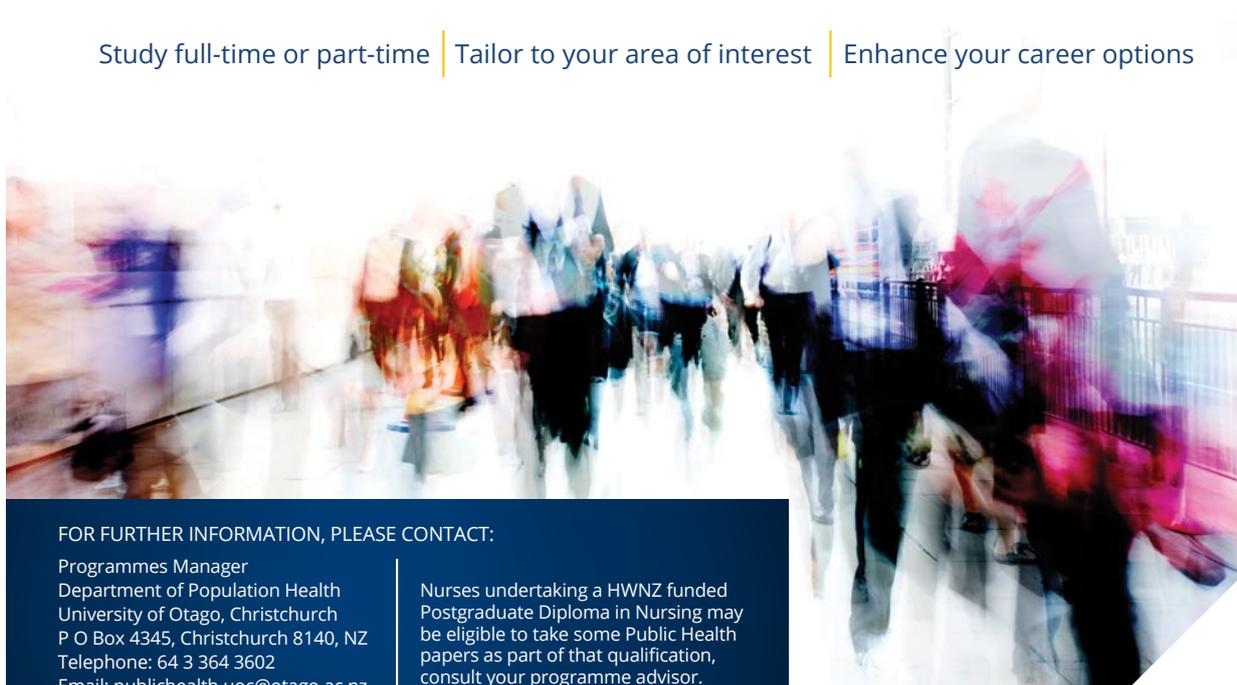


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FOR FURTHER INFORMATION, PLEASE CONTACT:

Programmes Manager
Department of Population Health
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Telephone: 64 3 364 3602
Email: publichealth.uoc@otago.ac.nz

Nurses undertaking a HWNZ funded
Postgraduate Diploma in Nursing may
be eligible to take some Public Health
papers as part of that qualification,
consult your programme advisor.

otago.ac.nz/publichealth



Community Education Seminar

Tuesday 17th April 2018

LEGAL ISSUES AND DEMENTIA

Wills, Enduring Powers of Attorney, Welfare Guardians and Property Managers

Fleur McDonald, Senior Associate at Pier Law, will talk about how these matters affect families and friends of people with dementia, and about the roles and responsibilities of Enduring Power of Attorneys, Advance Directives, Wills, and Residential Care Subsidies.

Please ensure you register.

DATE Tuesday 17th April
TIME 10.30 -12 noon
VENUE Dementia Canterbury
Unit 3, 49 Sir William Pickering Drive, Burnside, Christchurch
(off Roydvale Avenue – behind “Café 43 Degrees”)

Address: 3/49 Sir William Pickering Drive, Burnside, Christchurch **Postal Address:** PO Box 20567, Christchurch 8543
Ph: 03 379 2590 or 0800 444 776 **Email:** admin@dementiacanterbury.org.nz **Website:** www.dementiacanterbury.org.nz

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POSTGRADUATE



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- Introduction to Pain Management
- Pain Assessment
- Neurobiology of Pain
- Biomedical Pain Management
- Psychosocial and Cultural Aspects of Pain

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