



Kanohi ki te kanohi – nothing beats it!

Face-to-face communication is always the best way to connect with people and learn what's important to them

Last week our annual Senior Medical Officer (SMO) engagement afternoon took place. It's the one afternoon each year when we can connect with the majority of our senior clinicians all in one place at the same time.

It's a joint initiative between Canterbury DHB and the Senior Medical Officer's union, the Association of Salaried Medical Specialists.

The agenda focused on DHB issues which were relevant to SMOs. This year the topics had a general theme of 'making things better'. Chief Medical Officer Sue Nightingale talked about opportunities for SMO-initiated service improvements. Clinical Director of Innovation Helen Lunt chaired a series of quick fire presentations on innovations. Anaesthetic Specialist and Simulation Lead Daniel Hartwell, with his very impressive presentation on his newly developed [vital signs simulator](#), would have received the prize for 'most inspiring presentation' had there been one. Paediatrics SMO John Garrett explained to us all why we needed to be using [Celo](#), the 'thinking person's snapchat', for sharing clinical photographs and Clinical

Director Special Projects Mary Hunter described our new process for introducing new technologies. This is being rolled out gradually so if you haven't been approached to be an early adopter, keep doing what you've always done!

Emergency Consultant Lyn Pugh introduced us to the new mobile-friendly Hospital HealthPathways site. Clinical Director Service Improvement Richard French and Chief Digital Officer Stella Ward talked about the positives and negatives of our current electronic patient records and the way forward, and Chief People Officer Michael Frampton provided an update on 'Care Starts Here' and 'Max' our new People and Capability Service Portal. There was also a discussion on various facility issues. It was fantastic to see so many clinical leaders from throughout our organisation.

I'd like to extend my thanks to Mary Hunter and Executive Assistant Jayne Stephenson for organising the afternoon and to Medical Specialist Alan Pithie for chairing and ensuring there was plenty of time for engaging conversations afterwards.

WellFood – promoting Meat Free Week

Last year Canterbury DHB brought its food services in-house. The service had been contracted out for 13 years before we made the decision to go in-house. Almost all of the staff transferred direct to become employees of Canterbury DHB and on 1 July 2017 we gained around 300 experienced food services and some cleaning staff overnight, and we're very pleased we did. They do an amazing job. The WellFood team take great pride in the

food they produce and the level of service provided to each ward and café. I'm pleased to report that since 1 July patient satisfaction levels with the food they receive in hospital have increased, and the staff love being part of the WellFood and wider Canterbury DHB team. Their smart new uniforms and distinctive branding really set them apart.

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WellFood provide all the meals and beverages for patients, including those with a wide range of dietary requirements, Meals on Wheels, and the provision of food in cafés which are open to staff and the public at Christchurch Women's Hospital, Christchurch Hospital, Burwood Hospital, Ashburton Hospital and Hillmorton Hospital. Canterbury DHB prepares and serves more than one million patient meals each year and delivers more than 120,000 meals on wheels.

Savings made and profits from café sales are funnelled back into the Canterbury Health System, so the decision to go in-house has been positive in so many ways.

At the time of transfer the WellFood team said they would be looking to introduce changes and enhancements over time. I'm pleased to promote that due to customer demand they've recently introduced a popular new vegan menu, and this week, being Meat Free Week, they have a special menu that you can check out on page 12. WellFood is also kindly sharing the recipe of one of their most popular dishes – a delicious looking Red Lentil Coconut Curry.



Red Lentil Coconut Curry – one of the vegetarian choices on offer during Meat Free Week at the Great Escape café in Christchurch Hospital

I look forward to trying out some of these dishes this week. Do make a point of saying hi if you see me up at the Great Escape Café in Christchurch Hospital.

The brand *WellFood – A fresh approach to food* says it all. There's a desire to gradually 'freshen' up the food options available so please provide feedback to the team at wellfood@cdhb.health.nz.

Haere ora, haere pai
Go with wellness, go with care

David Meates
CEO Canterbury District Health Board

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

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



Bouquets

Christchurch Hospital

I was recently discharged from the hospital system after some fairly serious surgery and five years of monitoring. I wish to state that I received the most fantastic care and treatment from everybody I came in contact with at Christchurch Hospital. This includes Allan Keast and his team, Jeremy Simcock and his team, and Chris Harrington and his team, as well as all the staff in Ward 23, (including the people who cleaned the ward and brought me my meals). I don't believe I could have received better treatment and care anywhere else on the planet. The public hospital system is something to be treasured and nurtured. We are so lucky to have this system and the great people who work in it.

Ward 24, Christchurch Hospital and Ward DG, Burwood Hospital

Special thanks to whoever set up the Rapid Stroke Service. From the moment you arrive at the hospital it feels so well managed. Thank you to all the staff in Ward 24, from the cleaners and tea person, to the nurses, physiotherapist, occupational therapists and speech language therapists. Thank you to Dr Fink and Dr Anne Roche. We are now experiencing the expertise at Ward DG at Burwood Hospital.

Ward 16, Surgical Assessment and Review Area, Christchurch Hospital

Loved the hospitality.

Rose, Ian and Geoff, Ward 17, Christchurch Hospital

To Rose, Ian and Geoff, thank you for the amazing care I received. You are all amazing nurses. It shows that you are all dedicated and love your jobs. Thank you.

Christchurch Hospital

Just thank you, for being here, and for looking after my wife so well.

Ward 24, Christchurch Hospital

They are a wonderful team working in unison. I have been here twice this year and have had the best care ever. The patience, friendliness and readiness to help and the extreme care you receive are second to none. May God bless these angels.

Orthopaedics, Ward 18, Christchurch Hospital

I was admitted last year after suffering a broken hip while snowboarding, and I wanted to give feedback after one year. First, I want to say a big thank you to the whole team who took care of me. The staff were really helpful, competent and dedicated. Second, the overall process was very successful, as I am now completely able to do what I was doing before the accident. I was able to walk without crutches in less than three months and started snowboarding again after four months. I can now hike whole days without pain, run 10km and have almost all my flexibility in my hip. So thanks again to the whole team especially the surgeons, nurses and physiotherapists who helped me get through the event.

Radiology Department, Burwood Hospital

I received a text to call and book an appointment. Excellent system. Unfortunately I have no short-term memory due to a stroke and I immediately forgot about the text message. The radiology staff phoned me so I made it to my needed x-ray. Thank you.

Christchurch Hospital

Top nursing staff and doctors, huge praise to the staff for the wonderful job they do and their efficiency.

Ward 25, Christchurch Hospital

Georgia and training nurse Ella took very good care of me. Credit to them, really pleased, thanks very much.

Ward 23 and 24, Christchurch Hospital

Great work under difficult circumstances.

Ward 18, Christchurch Hospital

I cannot speak highly enough of the care that my mother received. Many thanks.

Plastics Department, Christchurch Hospital

Cheers to Sally Langley and her team from an appreciative patient.

Oncology Department, Christchurch Hospital

Fantastic to see that biodegradable cups are being used. Well done.

Intensive Care Unit, Christchurch Hospital

We wanted to say thank you for the wonderful care and treatment that our son received when he was admitted after being hit by a bus. There are two nurses in particular who we want to commend – Polly and Katie. Polly was kind and compassionate to us when we first arrived and we were impressed at her mentoring of the student nurse with her. She was patient and encouraging but also made the student nurse think for herself. We were sad when we learned that we would only have the one shift with her as she was then rostered off. Katie was also lovely. She had such a kind nature and really cared for him. She was genuinely interested in him. I promised her that I would let her know how he did so I would also appreciate it if you could pass on to her that he is doing well. He was only at the rehabilitation centre for a week and

shows no obvious signs that he's had a severe brain injury. He has caught up on his university work and we think he will be able to complete his year. Please also pass on our thanks to the staff in general but particularly to these two nurses who are a credit to their profession.

Ward 24, Christchurch Hospital

To the doctors, specialists and staff at Christchurch Hospital, thank you all so much for the many treatments given to my brother in May when he suffered a massive stroke and subsequently passed. The treatments were professional and compassionate.

Big Shout Out

Decision Support Team

I would like to thank the Decision Support Team, and Tim Osborne in particular for the amazing work that they have done pulling out costing data for one of our international trials. This data is helping to convince centres around New Zealand that this trial, which is showing a very definite improvement in survival of patients, is also cost effective.

Thank you for your expert work.

Ruth Spearing, Consultant Haematologist

#carestartshere



The Library

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

["Antibiotics for Sepsis—Finding the Equilibrium"](#) – This article calls for a more nuanced approach to treating sepsis rather than the current focus on treating suspected sepsis quickly with antibiotics which may lead to excess antibiotic use and unintended harm. From *JAMA*, published online: 14 September 2018.

["No level of alcohol consumption improves health"](#) – A recent study has determined alcohol use to be the leading risk factor for global disease burden and the cause of substantial health loss. It concludes that the safest level of drinking is none, which conflicts with most health guidelines. From *The Lancet*, published online: 22 September 2018.

["Why we're looking for cancer clues in urine"](#) – A researcher from the University of Hull is looking at the potential for using a simple urine test to detect cancer earlier and when it is more easily treated. From *The Conversation*, published online: 24 September 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

Facilities Fast Facts

Acute Services building

Work continues on many fronts within and around the Acute Services building, and there are many different skilled tradespeople on site.

For instance, last week a 100-tonne crane was on site to lift the lightning conductor onto the roof; more contractors have come in to install vinyl flooring across the building; and the courtyard on Level 3 will shortly be prepared for paving.

With most roof work now complete, the safety rails on two sides of the roof have been dismantled. Workers on the roof will now be harnessed to the building's fall-arrest safety system – from a distance it may look as if they are not harnessed, but rest assured that they will be.

Work on the retaining wall near Hagley Outpatients continues. Sheet piling is needed in this area – the contractors are working with Outpatients staff to ensure that any noise or vibration does not disrupt any clinical work.

Link

All piles for the Link corridor have now been stood in the ground. They are currently undergoing strength testing.

Christchurch Outpatients

Wayfinding signage has been installed within and around the building, including large blue signs mounted on the pavements, as this view from our webcam shows. The external works immediately around the building – the paving, planting, lighting and seating – are largely finished. The works in the foreground, along Oxford Terrace, are scheduled to be finished in December. For more on how the building will operate, see Destination Outpatients over the page.



BETTER TOGETHER

Destination Outpatients



This week our focus is on how the new Outpatients building will operate.

Patient shuttle and patient parking

The hospital shuttle that currently runs from Lichfield Street car park will continue to drop patients off and pick them up at the new Outpatients. The drop off/pick up point will be a short distance from the building until the roadworks on Oxford Terrace are completed in December, but patients using the shuttle will be able to enter the building via the main entrance.

There are 11 main bus routes that travel past Outpatients (see metroinfo.co.nz).

There is only very limited parking near the building itself. There will be three mobility parking spaces at the rear entrance (245 Antigua Street) but otherwise this area will be a drop-off zone only. Patients wanting to use a car instead of the shuttle or the bus will have to be dropped off (no waiting) at the rear entrance or park on nearby streets.

This situation will improve when Oxford Terrace opens in December, as there will be a bigger drop-off zone and the shuttle stop will be outside the main entrance. In the meantime, it will be more important than ever for outpatients to plan their trip carefully.

Reception and ground floor

There is a reception desk on the ground floor but it is not intended to be manned full time. The main reception desks for each outpatient service are located on the relevant floor.

Patients will use the lifts or stairs to go to the floor shown in their appointment letter.

When the new building opens there will be volunteers stationed on the ground floor to help people find their way around.

Orderlies and security staff will come from the main hospital as required.

Facility coordinator

As at 32 Oxford Terrace and Manawa, a facility coordinator will be employed to ensure that the building's "back of house" functions run smoothly. This person's main responsibility is to ensure that services provided to the building are in full operational order.

The coordinator will manage any referrals for maintenance and any daily cleaning requirements. They will also handle incoming and outgoing mail and couriers/deliveries for staff.

Hours and access

Normal opening hours are Monday to Friday, 7.30 am to 5.30 pm, excluding public holidays.

The building is divided into public and staff-only areas. Staff-only areas are swipe card access. All after-hours access is by swipe card. Staff must carry their ID access cards with them at all times.

There is no after-hours access for the public. If clinics are run after 5.30 pm arrangements must be made to let patients into and out of the building.

Key dates

- › Blessing: Friday 5 October at 9.30 am
- › Staff Open Day sessions:
 - Tuesday 9 October – 9 am – 12 noon
 - Thursday 11 October – 1.30 – 4.30 pm

Staff will be needed to help out as guides on the Open Days. If you would like to help, please email destination.outpatients@cdhb.health.nz.



Staff are reminded that current access to the building, ahead of it being opened to the public, needs to be authorised by the Facilities Team – Angela Mills or Shirley Butcher. All endorsed visits need to be accompanied for security, and health and safety requirements, and full sign in and sign out processes are required.

For more information on how the building will operate, watch the WEEK 4 video [here](#).

Keep the questions coming to destination.outpatients@cdhb.health.nz.

For the latest updates, join the Facebook group: www.facebook.com/groups/destination.outpatients.

Mental health nurse is recipient of 2018 Kate Sheppard Memorial Trust Award

Kelly Tikao, a registered nurse who works in the Youth Inpatient area of Canterbury DHB's Mental Health Service, has won the 2018 Kate Sheppard Memorial Trust Award.

The announcement was made on 19 September – the 125th anniversary of Aotearoa/New Zealand's Women's Suffrage.

Kelly, of Waitaha, Kāti Mamoe and Kāi Tahu descent, is in her fourth year of PhD study at the University of Canterbury exploring Kāi Tahu birthing traditions and practices around conception, pregnancy and birth.

She has completed the Huarahi Whakatū Professional Development and Recognition Programme to expertise level through Te Rau Matatini, the national centre for Māori health, workforce development and excellence.

Huarahi Whakatū is a Nursing Council accredited professional development and recognition programme specifically tailored by and for Māori registered nurses.

Over the last 20 years Kelly has worked for Māori health providers and in a variety of clinical areas at Canterbury Auckland, Wellington, and Otago DHBs. Her research is supported by the New Zealand Health Research Council, the Ngāi Tahu Research Centre and others.

Alongside her health and academic research she has produced a number of radio documentaries, created short films for exhibitions, and danced for Puaka/Matariki (Māori New Year).

Kelly says she feels incredibly fortunate to have been chosen to receive the Kate Sheppard Memorial Trust Award.

"I am in adoration for the work and for the woman Kate Sheppard was.

"Kate was an advocate and a visionary who stood up to be counted and influenced other women to be proud of who they were and who they represented," she says.



From left, former National President of the Māori Women's Welfare League Aroha Reriti Crofts, Mayor Lianne Dalziel, recipient of the Kate Sheppard Memorial Trust Award Kelly Tikao and Chair Kate Sheppard Memorial Award Trust Judith Sutherland

"Being of Kāi Tahu ancestry I have many wāhine who did the same for my whānau, hapū and iwi. I accept this award on behalf of all my tupuna wāhine who through hardship, land loss and epidemics showed how steadfast and determined they were in order to ensure we survived against the odds."

Kate Sheppard Memorial Trust Chairperson Judith Sutherland says the Trust is pleased to be able to continue to assist talented women to achieve their dreams.

"The research being undertaken by this year's recipient in the area of indigenous birthing practices will be very important, not only to New Zealand but overseas. We are sure Kate Sheppard would be proud to lend her name to such a worthwhile area of study."

She hopes Kelly's research will aid the potential implementation of Ngāi Tahu birthing knowledge and practices within New Zealand's current maternity services and southern midwifery education.

"Plans have already been drawn up to produce resources post her doctorate to return the research into the hands of midwives and whānau," Judith says.

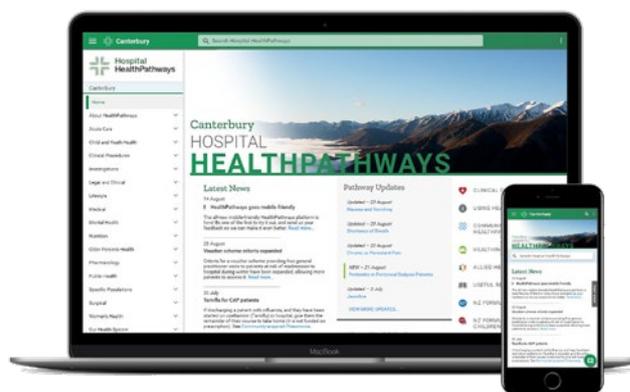
Try out the new mobile-friendly Hospital HealthPathways

The new mobile-friendly version of Hospital HealthPathways launches tomorrow 25 September.

The new version is easier to use and looks great whether you're using it on your phone, tablet, or desktop. Although the look and functionality are improved, the information is exactly the same as on the existing Hospital HealthPathways site, and your usual login details will continue to work.

Try the new mobile-friendly [Hospital HealthPathways](#) and find out about what's been improved.

Share your feedback or ask any questions using the round Send Feedback button at the bottom right of your screen.



Nurse recognised for outstanding contribution

An Ashburton nurse is one of four recipients of this year's New Zealand Nurses Organisation (NZNO) awards.

Gerontology Nurse Practitioner at Ashburton Hospital, Sheryl Haywood, was awarded with an NZNO Services to Nursing and Midwifery Award at the NZNO conference dinner in Wellington last Wednesday.

It will be presented to her in person at the National Gerontology Section Conference in Hamilton in November.

Each year the NZNO presents the awards as a way of recognising nurses or midwives who are NZNO members and have made a positive difference to nursing or midwifery practice or practice environment.

Sheryl was nominated by the NZNO National Gerontology Section Committee that says she provides comprehensive services to the frail elderly with complex diagnoses and management requirements.

The committee's nomination states: "Sheryl is passionate about person-centred care and believes in building sustainable and trusting relationships with her clients. She is making a significant contribution to improving the lives of older people and she inspires those lucky enough to work with her."

Sheryl says she feels very humbled and privileged to receive the award.

"I work alongside so many inspiring health professionals who have supported me throughout my career. I look forward to accepting this award and acknowledging those who have made this possible for me."

Sheryl says she is passionate about supporting a vulnerable population to age well.

"I believe Gerontology nursing should continue to be promoted and recognised as a specialty area, and I see great potential for more nurse practitioners to work in the community promoting prevention and fostering wellness and independence in often very complex situations."



Gerontology Nurse Practitioner at Ashburton Hospital, Sheryl Haywood

Suicide prevention is everybody's business

"Best event I have been to in a long time.

"As a mother of three with our fourth baby on the way I suffer with anxiety, postnatal depression, self-harming and suicide. I literally left the symposium feeling like I was normal and had a hope.

"I'm so excited to get well and I now look forward to my future as I had felt it would be better if I just left the earth. It was life changing!"

This is one of the many moving responses received about the Suicide Prevention Symposium held recently in Christchurch, attended by more than 740 people.

The focus of this year's symposium, called 'Happy, sometimes it takes teamwork in finding it', was the community and ensuring information is applicable, relatable and easy to understand, says Chief Executive Officer, He Waka Tapu, Jackie Burrows.

"Sometimes our happiness takes teamwork. It's about communities taking action together to help prevent our loved ones taking their lives."

In the lead up to the event, videos were released on social media of people sharing what strengthened them and helped them through tough times.

"The engagement received from these videos told us that we are on the right track, as they reached 254,112 people and were shared over 1000 times," Jackie says.

The day started with a leadership breakfast to give community leaders and funders the opportunity to hear which areas should be supported further to help lower suicide rates in New Zealand.

Guest speakers were Jackie, Canterbury Suicide Prevention Co-ordinator David Cairns, and founder of the Pacific Youth Leadership and Transformation Council Josiah Tualamali'i.

The opening speaker at the symposium was Sela Faletolu-Fasi, co-founder of No Limits, a programme aimed at Pasifika Youth aged between 12 and 25 in Canterbury. Sela was supported by her partner and son who gave a voice to whānau experiencing a person's journey through suicide.

Last year Sela overcame an extended period of depression and anxiety while she was pregnant with and after giving birth to her sixth child. She believes the key to overcoming this, along with medication and medical staff, was her



Atama Waitere (right) and others enjoy a session practicing mindfulness with Taiaha at the Suicide Prevention Symposium



Leader's breakfast

family, who loved and supported her back to wellness and mental health.

"Sela made an immediate impact, along with a stirring performance by the Haeata Hope group which set the tone for the day," Jackie says.

Tears flowed, laughs lifted, and messages of strength and hope were shared.



Sela Faletolu-Fasi (centre) addressing the symposium

Pharmacist working at advanced level in mental health care

Pharmacist Kyra Sycamore has succeeded in being re-credentialed with the UK-based College of Mental Health Pharmacy (CMHP).

Kyra also has the distinction of being the only credentialed CMHP member working clinically in New Zealand.

CMHP is a specialist pharmacist accreditation body that aims to advance education and research in the practice of mental health pharmacy to benefit individual care. It was formed in 2010 by the merger of the United Kingdom Psychiatric Pharmacy Group (UKPPG) and the College of Mental Health Pharmacists.

CMHP Vice President Ciara Ni Dhubhlaing, a Senior Pharmacist at St Patrick's University Hospital in Dublin, says credentialing with the college requires demonstration of work at an advanced level to have a positive impact on patient care.

Kyra says she is thrilled to be re-credentialed by the CMHP.

"It was a big change to move from a large team of specialist mental health pharmacists in London to a much smaller team in Christchurch, and it's reassuring to still have the support of the college."

General Manager Mental Health Toni Gutschlag says this is wonderful news.

"Kyra is a very highly valued staff member and we are proud to have her working for us."

For almost 40 years, the UKPPG supported pharmacists working in mental health by providing educational resources and networking opportunities. In 2000 it established one of the first specialist pharmacist accreditation bodies when it commissioned the College of Mental Health Pharmacists.

The formal merger in 2010 created a single organisation – The College of Mental Health Pharmacy – to focus on education, accreditation and research in the practice of mental health pharmacy.

For more information on the college visit www.cmhp.org.uk.



Pharmacist Kyra Sycamore

Two babies born in one day a first for new Kaikoura health facility

It's been an early start for September babies in Kaikoura, with two born on the same day recently – a first for the maternity wing in the new facility.

Josh McInnes' fiancée Amanda Brown gave birth to their first born, Madelyn, at 6 pm on 6 September, just 10 hours after Lewis and Kate Claridge had welcomed their daughter Stella, their third child, at 8 am.

Josh and Lewis have been "good mates" for years, since they went to Suburban Primary School, and they still play rugby together. As well as sharing the same birthday, both babies shared similar birth weights. Stella weighed in at 3719 grams, and Madelyn at 3810 grams.

Josh says the babies are healthy and had been well looked after by all the staff.

"The new complex is just amazing. It is a great resource and facility for the community."

GP Andrea Judd said two births in the same day had happened in the old hospital, which was pulled down in

2014, but this was a first for the new health facility, which opened in 2016.

There are about 16 births a year at Kaikoura Health Centre.

"To have two is pretty rare."

September is a popular month for babies, and at the moment there is a real baby boom with nine women about to give birth, she says.

The couples were full of praise for midwife Aroha Abraham, who at one stage was running back and forward between rooms.

Aroha, who has been a midwife for 11 years, moved to Kaikoura in March, says there was a "real cool buzz" in the ward as the girls were born.

"There was good support and everyone did really well," she says.

Story and photo by Pippa Brown. First appeared in the Kaikoura Star.



From left, Josh McInnes and Amanda Brown, with one-day-old Madelyn, Midwife Aroha Abraham, and Kate and Lewis Claridge, with one-day-old Stella

Meat Free Week – consider taking up the challenge

It's Meat Free Week – a promotion designed to get people thinking and talking about their meat consumption.

With education, awareness and the information to make informed choices, the goal is that for the other 51 weeks of the year meat-eaters will consider portion sizes when including meat as part of a balanced diet.

The Meat Free Week challenge involves giving up meat for the week and the option of raising funds for Bowel Cancer New Zealand at the same time.

Originally an initiative of Bowel Cancer Australia, the campaign has continued to grow in size and popularity and supporters now include Bowel Cancer New Zealand as well as organisations in Canada, the United Kingdom and the United States.

Studies conducted by the World Cancer Research Fund show bowel cancer risk increases by 12 per cent per 100g of red meat consumed per day and 16 per cent per 50g of processed meat consumed per day.

WellFood Food and Beverage Service Manager Nicky Moore, a registered dietitian, says people can get a good level of protein intake without eating meat.

The Great Escape Café at Christchurch Hospital launched vegan options a few months ago and sales have increased dramatically. One of its customers' favourite recipes is Red Coconut Lentil Curry.

Hot lunch and dinner options at the Great Escape Café are usually one meat and one vegetarian. This week that's been replaced by one non-red meat item and one vegetarian option.

If you would like to try making the popular Red Coconut Lentil Curry at home here is the recipe:

Red Coconut Lentil Curry (serves six)

Freezer Friendly | Dairy Free | Gluten Free | Vegan | Nut Free

Ingredients:

- › 1 tbsp olive oil
- › 2 diced onions
- › 4 cloves minced garlic
- › 2 tsp curry powder
- › 1 tsp turmeric
- › ½ tsp coriander
- › Pinch each of salt, black pepper and red pepper flakes, or chilli flakes
- › 350g dried red lentils
- › 375mL coconut milk
- › 625mL vegetable stock or water



Method:

Cook the onions and garlic in the oil for 5 minutes, stirring frequently until soft. Add the spices, coconut milk, lentils and water or vegetable stock. Simmer on low heat for 25–30 minutes until lentils are soft and the mixture has thickened. Stir occasionally to ensure its not sticking on the bottom. Remove from heat and serve topped with fresh coriander or parsley over rice, quinoa, or on its own.



Great Escape
Café
24th-30th
September

The Meat Free Week menu is red meat free

<i>Monday 24th September</i>	<i>Tomato and basil penne pasta with feta cheese Vegan lentil shepherd's pie</i>
<i>Tuesday 25th September</i>	<i>Roast chicken with gravy and roast vegetables Red lentil and coconut dhal</i>
<i>Wednesday 26th September</i>	<i>Seafood fettuccine marinara Kumara and black bean quesadillas</i>
<i>Thursday 27th September</i>	<i>Chicken tikka masala curry with brown rice Chickpea, potato, spinach and cauliflower curry</i>
<i>Friday 28th September</i>	<i>Baked Herb crusted hoki fillet with French fries Falafel burgers with French fries</i>
<i>Saturday 29th September</i>	<i>Chicken nachos with sour cream and cheese Vegan Thai pumpkin curry</i>
<i>Sunday 30th September</i>	<i>Indian style Coconut fish curry with jasmine rice Mushroom and puy lentil casserole with vegan mash</i>

<http://beatbowelcancer.org.nz/event/meat-free-week-2018/>
<https://www.meatfreeweek.org/>

For more information visit [Bowel Cancer New Zealand's website](http://beatbowelcancer.org.nz) or the [Meat Free Week website](https://www.meatfreeweek.org/).

The knitty gritty on woollies for Canterbury babies

A group of women in Christchurch Women's Prison have been busy with knitting needles, making booties, onesies and beanies for Canterbury's newborns.

All the items were donated to the Maternity Unit at Christchurch Women's Hospital earlier this month.

The knitting was part of 'Project Esther', which supports knitting projects at Christchurch Women's Prison, giving prisoners the opportunity to knit clothes for babies.

Inmates comment on the benefit of having something creative to do, and women have even taught each other to knit and crochet, says Director of Project Esther and Ecumenical Chaplain at Christchurch Women's Prison Daphne Marsden.

"They enjoy making little garments which are able to be passed on to others in need."

The Maternity Ward regularly receives and accepts knitting from generous and keen members of the public year-round, too.

"Knitting has been gifted to us by many groups over the past year and we are really grateful for these donations," says Midwife Manager Katherine Gee.

"It really is a win-win situation for everyone involved.

"It's lovely for parents to receive something someone has put so much time and effort into making; it's encouraging for staff to see that the community is thinking of our babies; and it's nice for the knitters themselves to know that their efforts are making a real difference and that it's so appreciated by parents and staff alike," Katherine says.

Do you have a knack for knitting?

Calling all knitters! Births aren't slowing down and our Maternity Unit welcomes woolly donations, and is particularly seeking singlets, cardigans and blankets made from 100 percent wool (rather than acrylic).



Donations can be left at the main reception of Christchurch Women's Hospital or will be gratefully received by the receptionists on the Maternity Ward (Level 5) or Birthing Suite (Level 3) of Christchurch Women's Hospital.

If you'd like to donate wool to Project Esther, please contact Regional Volunteer Coordinator Jen Hardy on 03 345 6443 or jennifer.hardy@corrections.govt.nz.



Project Esther Director Daphne Marsden (left) and Midwife Manager Katherine Gee with baby Ariana Alawate – the first baby to don one of the donated hats



New mum Cristy Aliwate with baby Ariana keeping warm in a hat

Stand up for yourself during Sit Less September

E Tu Tatau! Sit less, move more, feel great!

Tama tu, tama ora, tama moe, tame mate.

He who stands, lives, he who sleeps, dies.

This Māori proverb means activity brings wellbeing and inactivity brings sickness



Week 4: Our bodies are designed to move not sit. Breaking up sitting time by moving or standing keeps your muscles 'switched on' and limbers up your whole body.

When you sit for long periods throughout the day, the large muscles in the legs are 'switched off'. This inhibits your body's regulatory processes such as clearing blood sugar levels. Prolonged sitting also shortens and tightens your hip flexors and hamstrings and weakens and stiffens the muscles that support your spine. Standing as much as you can throughout the day will contribute to agility, balance and suppleness and protect you against fatigue and back pain or discomfort.

Sit Less September competition

What are you doing to encourage your work colleague(s) to STAND UP, SIT LESS AND MOVE MORE this September?
[Be in for the draw to win a spot prize for your workplace!](#)

Get some ideas [here!](#)

Moving a little helps a lot: top tips to reduce sitting time at work

Me whakauru te kori tinana ki roto i ō mahi ia rā (integrate activity into your everyday work).

- › Take comfortable walking shoes to work.
- › Have standing or walking meetings.
- › Eat your lunch away from your desk and go for walks during your breaks.
- › Try some [computer and desk exercises](#).
- › Alternate working while seated with standing.
- › Walk the long way around to the tea room, to the toilet, to meetings, to the photocopier.
- › Stand up while on the land line and walk around when on your cell phone.
- › Walk to a co-worker's desk instead of emailing or phoning.
- › Stand at the side/back of the room during presentations.
- › Get rid of your personal rubbish and recycle bins. This makes you get up and walk to one!
- › Park the car a little further away from your work so that you get more opportunity to walk.
- › If you are mobility impaired or a wheelchair user consult your health and physical advisor for what would best suit you to increase your physical activity. Join in 'walking' meetings whenever possible.

It's important to find ways to get people who spend many hours a day sitting to add physical activity to their daily routine. Go [here](#) and [here](#) for more information on just how bad sitting is for us. Watch [The Home Office Breakup](#) to help you start breaking up with your chair today!

[Find out more about recommended levels and types of physical activity](#) and [how you can add more activity into your day](#).

Loud Shirt Day – 28 September

Come to work this Friday 28 September wearing your loudest shirt to help Deaf Kids Listen and Speak.

All donations go to the Southern Cochlear Implant Programme. This year's theme is 'superheroes', if that provides some inspiration!

Loud Shirt Day is the annual appeal of The Hearing House and the Southern Cochlear Implant Paediatric Programme, two charities dedicated to enabling deaf children with cochlear implants or hearing aids to listen and speak like their hearing peers.

Neither charity charges deaf children or their families for their services. The Hearing House is based in Auckland and provides services to families living north of Turangi, and the Southern Cochlear Implant Programme is based in Christchurch and provides services to families in the rest of the country.

Loud Shirt Day donations go to the region in which they were raised.

For more information and to donate, visit the [Loud Shirt Day website](#).



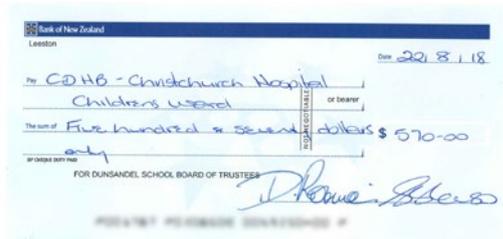
Donation from Dunsandel School

Dunsandel School pupils have made a generous donation to the Toy Library in the Activity Room in Christchurch Hospital's children's ward.

Team Leader, Hospital Play Specialist Service, Christchurch Hospital, Melinda White, says they are truly grateful for the cheque of \$570 as the toy library is well used and resources are constantly needing to be replenished and restocked.



Brooke Smith ☺
Cabin Wolff ☺
VLAD Novikov ☺
FRED Michael ☺
Olivia Laurie ☺
Luke Richardson
Emma Hopper ☺
Lucas Mann ☺



9/01/2018

Dear Children,

The Dunsandel School Student Council organised a mufti day to raise money to purchase some cool toys for your toy library. The students and staff of Dunsandel Primary came dressed as their favourite book character and we all donated a gold coin. The Board of Trustees and the PTA have matched the amount we have raised so we were able to donate even more money for you to enjoy.

We hope you have loads of fun playing with your new toys.

Kind regards,

The students, staff and the amazing school council ☺

One minute with... Eleanor Bodger, Director, Eldernet and Care Publications

What does your job involve?

I share the directorship of Eldernet with my daughter Esther and together we provide business direction and maintain an overview of the Eldernet website and the *Where from Here* publication. A key component of what we do is keep in touch with people who are involved in the older persons sector and users of services. This allows us to gather and convey the latest information regarding older person's issues to our users and readers.

Why did you choose to work in this field?

I had never imagined running a business. Up until the business started I'd almost solely worked in the public health system and for non-governmental organisations. When there seemed to be no one else wanting to move into the emerging and potentially empowering internet information space, I felt we had to do it.

What do you like about it?

The information technology and the older persons sectors are areas of rapid change. There's always the sense of possibility and I like to know that the work we do is making information more transparent and available to all.

What are the challenging bits?

It's hard when we run up against agendas or entrenched thinking that sabotages possible progress. I understand that we all have different ways of conceptualising things and many people fear change. I can generally work with that but when people create obstacles because of their own agendas e.g. 'patch' protection, well that's challenging.

Who inspires you?

The people who inspire me the most are those who have passion about what they do, who know how to enable others to be the best they can, have a 'can-do' attitude and who have a commitment to trying to make life better. A number of these are well known New Zealand women but many are unheralded. The person who first inspired me is a community worker in Christchurch who would probably not like to be named. She models and lives bi-culturalism and enables others to stand tall.

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?

Canterbury DHB has always dealt with us in a respectful and inclusive manner. Their values have played out in



such a way as to make us feel we are partners with them, working with the wider community to achieve better health outcomes for Cantabrians.

Something you won't find on my Linked In profile is ...

People I don't know.

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

I've just had a lovely holiday in Ireland, so home is great.

What do you do on a typical Sunday?

We read the paper (yes newspaper) first thing, maybe go for a bike ride or walk along the beach or up the Bridle Path, then a coffee and mosey around, see family and so on, for the rest of the day.

One food I really like is...

Thai – a good hot red curry. It has such lovely complexity and balance of flavours and it leaves me feeling good afterwards.

My favourite music is...

Probably the old 60s stuff of my generation: Janis Joplin, Dylan, Leonard Cohen, The Who, and so on. They feel comfortable to me. I also like Nina Simone, Alabama Shakes and classical music (when I'm feeling more contemplative).

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 28 September 2018 – 12.15 to 1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker 1: Dr David Simpson, Haematology, North Shore Hospital

"High Cost Medicines in New Zealand"

The world is struggling with the increasing costs of new effective treatments, especially cancer drugs. Currently many people in New Zealand and around the world are dying while very effective medicines remain in their bottles. Where do we currently stand in the world and how can we do better?

Speaker 2: Dr Dean Sutherland, Department of Communication Disorders, University of Canterbury
"Supporting People with Communication Disability in Healthcare Settings"

Why are people with communication disability at increased risk of adverse medical events? What specific challenges are experienced by people who are unable to speak? What strategies work to support people with communication disability?

Chair: Ruth Spearing

It is requested out of politeness to the speaker(s) that people do not leave halfway 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 2.3b
- > Wakanui Room, Ashburton
- > Administration Building, Hillmorton
- > The Princess Margaret Hospital, Riley Lounge
- > Pegasus, Room 1.02

All staff and students welcome

Next is – Friday 5 October 2018, Rolleston Lecture Theatre
 Convener: Dr R L Spearing – ruth.spearing@cdhb.health.nz

HealthOne newsletter 11th edition 2018

To read the newsletter, visit the [South Island Alliance website](#).



USAGE SNAPSHOT

HEALTHONE HAS BECOME A PART OF DAILY CLINICAL CARE FOR MANY USERS

140K+

Views Per Month
 Over 109k accesses from secondary users, and more than 21k accesses by GP users

3.5M

Data Items Received
 More than 3.5m data items are received every month from primary & community organisations

27,700

Unique Users
 More than 14.5k users access HealthOne every month

100 MILLION

Pieces of Data
 ~100 pieces of data for every one of the 1m New Zealanders whose records are in HealthOne



Have your say on the direction and focus of health research in New Zealand

Consultation is now underway to establish the national health research priorities for government investment in New Zealand, the first of 10 actions for implementing the **New Zealand Health Research Strategy 2017-2027**. This is an opportunity for all New Zealanders to have their say on the direction and focus of health research for the next 10 years.

This consultation is a joint initiative between the Ministry of Health, the Ministry of Business, Innovation and Employment (MBIE), and the Health Research Council of New Zealand (HRC).

Input is being sought on the draft Strategic Investment Areas that will form the overarching 'framework' for the health research priorities.

If you would like to comment, please [click here](#) to access the consultation document, which is necessary reading before making an [online submission](#). The consultation document outlines why national health research priorities are being set, who the priorities are for, how they will be funded, and the process for setting them.

Meetings are also being planned with the Māori, Pacific and disabled communities in:

- › Christchurch on 1 and 2 October
- › Auckland on 4 October
- › Dunedin on 8 and 9 October
- › Wellington on 9 and 10 October.

Keep checking the [consultation page](#) on the HRC website for more information, or contact Dr Alexandra Boyle at aboyle@hrc.govt.nz to register your interest.

The consultation period closes at 5pm on Friday 12 October.



Wellbeing Workshops

For All Canterbury District Health Board Staff

You play a crucial role in the delivery of high quality care to the Canterbury/West Coast community. It's just as important that we care for ourselves and each other too; *Care Starts Here* with each of us making the time to *be and stay well*. Getting a better understanding of how you manage stress – and increase the number of positive relationships and social connections – enhances your overall wellbeing.

We are running a number of workshops in 2018 encouraging you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients – will also benefit.

We recommend attending a Wellbeing Workshop before you attend a **Strengths Workshop**.

Workshop Details:

- All Workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Price MSc Psyc, B.Comm, BA Hons, C.AT, MNZAPP
- For dates and to register for a workshop – [click here](#)

Workshop Overview:

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

For More Information Contact:

Lee Tuki - Staff Wellbeing Coordinator

E: Lee.Tuki@cdhb.health.nz **P:** 027 689 0285

[Click Here to Register](#)



Annee, recipient

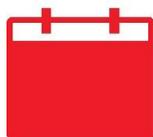


NEXT BLOOD DRIVE



Chch Hospital

Annex Room – Great Escape Café



Tues 2 Oct

10:00am–3:00pm

Please eat & drink plenty before donating & bring your donor card or photo ID

0800 448 325
www.nzblood.co.nz

To donate, contact us today to book your appointment.

Download our app now





Join us for this two day Simulation in Healthcare Conference with international and local speakers delivering informative and educational presentations.

EARLY BIRD REGISTRATION
CLOSES MONDAY 3 SEPTEMBER
 programme available online
www.nzash.co.nz

SPECIAL GUEST

Dr. KT Waxman - we are delighted to be able to welcome KT to our conference. KT is President-elect to the Society for Simulation in Healthcare. Her professional profile includes a nurse leader with over 30 years of experience in health care and corporate settings. She is a tenured Associate Professor at the University of San Francisco, and is the Director of the Executive Leadership DNP program. She is the Director of the California Simulation Alliance (CSA) at Health Impact. An internationally known speaker and author, Waxman is also a past president of the Association of California Nurse Leaders (ACNL) and past board member, serving as Treasurer, for the American Organization of Nurse Executives (AONE). She is active in numerous committees for the Society for Simulation in Healthcare (SSH) and serves on the Finance Committee for the International Nursing Association for Clinical Simulation and Learning (INACSL).



KEYNOTE SPEAKERS



Angela Towle is the co-founder, with William Godolphin, of Patient and Community Partnership for Education (PCPE) in the Office of UBC Health at the University of British Columbia in Vancouver, Canada, and is also co-director.

Walter Eppich, MD, MEd, PhD(c) is pediatric emergency physician and an Associate Professor Pediatrics and Medical Education at the Northwestern University Feinberg School of Medicine.



Thank you to our confirmed sponsors:



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