



WellFood is going extremely well as it clocks up its first year

It's been just over a year since we took the step of managing food services in-house and giving the service a brand new look and name – WellFood, a Fresh Approach to Food.

Today we can truly celebrate WellFood's first birthday and acknowledge this remarkable success, having achieved cost savings of more than 20 percent compared to 2016/17.

Canterbury DHB made the decision last year not to sign up to the national food services agreement with our former provider, Compass Medirest, and instead bring all our food services back in-house. Our view was that the move could save a significant sum of money and that's proved correct.

Importantly, staff and patients are loving WellFood too, with the service consistently receiving positive feedback for the friendliness of staff, quality of the food, excellent presentation and service.

Canterbury DHB is in a unique position among DHBs in having a well-established, proven and fully-owned Cook-Chill production unit capable of providing bulk menu items to all Canterbury DHB hospitals.

The unit, based at our Hillmorton kitchen, is the only one of its kind in New Zealand and has allowed us to make savings and deliver more than we could have on the national agreement.

Owning and operating these services gives Canterbury DHB greater flexibility and oversight. As a result of the



Ngaire Bolton with patient Jean Morris

transfer of services, profits from café sales are now being funnelled back into the Canterbury Health System.

However, getting there was no mean feat. It was a huge task for Commercial Portfolio Manager Rachel Cadle and the Food Services Transition team and I would like to thank them for their impressive efforts.

From our first public announcement of our intention to revert to an in-house service to "going live" only 131 days later, we transferred 285 employees and five managers from Compass to Canterbury DHB; set up and agreed terms and conditions

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with 31 suppliers; created budgets and finance reporting schedules; transferred production, recipes and menus; set up ordering and stocktake systems; set up seven payment systems including tills and eftpos; registered Canterbury DHB WellFood services Food Control Plan with the Ministry for Primary Industries; and did stocktakes of assets and all sundry items, as well as numerous other things.

We also brought cleaning and orderly services at Ashburton Hospital back in-house.

Although it's the first time in 13 years that Canterbury DHB has managed these services itself, we have a long history of food services dating back to before 1990.

Today, food services covers 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, Christchurch, Burwood, Ashburton and Hillmorton hospitals.

Canterbury DHB prepared and served more than one million patient meals last year and delivered more than 145,000 Meals on Wheels.

New offer to the New Zealand Nurses Organisation

You may have heard about the latest offer to the NZNO that was made by DHBs last Wednesday. Details of the offer can be found on the [NZNO website](#).

I'm sure everyone is interested in the specifics and I encourage all NZNO members to get involved in the process to vote. Please talk to your NZNO representative if you have any questions. NZNO members are welcome to use their work computers for the voting process.

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

Security, Christchurch Hospital

I had to spend some tense hours in the Emergency Department with my unwell brother. At 3am I decided to leave as he had been admitted. Once outside I felt a bit unsafe and went back inside to ask the security guard if he thought it was okay to walk me to my car by the YMCA. He instantly jumped up and said he would walk with me, which he did, all the way to the car. He waited until I was safely in the car and driving. I am so grateful.

Ward 27, Christchurch Hospital

Thank you to all the nurses on Ward 27 for all the great laughs and your care. Such a busy ward but a happy one.

Bone Marrow Unit, Christchurch Hospital

Although obviously busy, the staff are very attentive and competent. All so friendly, doctors, nurses, cleaners and aids inclusive. This makes such a difference and makes people feel valued and no trouble when unwell. Also appreciate that the Bone Marrow Unit make an effort to present meals nicely and help patients with choices. As appetite is affected by illness, presentation, snacks and small amounts make a huge difference.

Emergency Department, Christchurch Hospital

Thank you so much to Rose (student doctor) and the whole team for your care and professionalism. Appreciate you all taking the time to be friendly and reassure my partner after her nasty shock.

Hagley Outpatients, Christchurch Hospital

I have really appreciated the helpful approach of staff when I have rung needing to change appointments to fit in around my work. I have also been appreciative of how thorough investigations have been.

Ward 27, Christchurch Hospital

Thank you to the staff on Ward 27 for all the great care I received whilst a patient in your ward.

Ward 28, Christchurch Hospital

I would like to thank you all so much for your wonderful care. Particularly Georgia, who is outstanding, kind and professional. Such a lovely ward, all staff. Thank you.

Ward 27, Christchurch Hospital

A big shout out to Ward 27 for all your kindness and care.

Ward 15, Christchurch Hospital

Absolutely wonderful, couldn't find more awesome staff members. They go out of their way to make the stay as relaxing as they possibly can. High five to all staff – you are amazing.

Ward 15, Christchurch Hospital

I have nothing but admiration for all your staff from surgeons, theatre staff, ward nurses, aids, cleaners and the staff serving food. All staff were concerned with my wellbeing. I know at times they work under stressful conditions but they were always calm, helpful and professional. Keep up the good work and God bless you all.

Ward 11, Christchurch Hospital

All the staff in Ward 11 have been amazing, so friendly, caring and patient. It made my stay so much better. Lunch, tea and coffee ladies included, plus the food was great. Thanks.

Day Surgery, Ward 11, Christchurch Hospital

Nurses are our silent angels. Thank you.

Radiology, Burwood Hospital

Great service, staff lovely, easy parking. Thank you.

Diane, Burwood Hospital

Diane did my bone density scan. She was very good at explaining everything. A very caring person.

Ward 27, Christchurch Hospital

Thank you so much all of you for the kind and caring care of my father, it was much appreciated.

Selma Joines, Allied Health Assistant, Occupational Therapy

This is to express thanks for the patient and expert help given by Allied Health Assistant Selma Joines, for the provision of a toilet seat arrangement for me, having suffered from a fall. I appreciated it very much. With thanks.

Nurse Ashley, Ward 28, Christchurch Hospital

All the staff were amazing during my recent two-week stay. The nurses were great in what is clearly a demanding job. Nurse Ashley was my favourite.

Emergency Department, Orderlies, Acute Medical Assessment Unit, Ward 20, Christchurch Hospital

Just a thank you to all the staff for their care during my brief stay over the weekend. In particular I would like to thank all the orderlies who transported me around the hospital. They were friendly, professional and courteous and always had a friendly smile.

Wards 24 and 26, Christchurch Hospital

To the terrific team of staff, doctors, nurses and support staff. Thank you for your great and compassionate care of our family member. The care and kindness you offered was first class. We thank all of you.

Shannon Christie and Child, Adolescent and Family (CAF) Youth Forensic Team

This week, the CAF Youth Forensic team received a lovely compliment and surprise afternoon tea from the family of a young person they had been working with. Nurse Shannon Christie was particularly acknowledged in the compliments. Thank you team for the great work you do.

"Dear Youth Forensic team, we truly appreciate the difficult job you have. Thank you so very much for your patience, care and support."

Emergency Department, Christchurch Hospital

I wish to thank all the team involved in my care for the care, empathy and professionalism they have provided. I was in a very dark space with a mental health issue following a traumatic event. The team did an amazing job and supported me through the process to receive the ongoing care I needed. I am in a much better space and viewing the world with a positive outlook. Once again, I cannot thank the staff enough.



The Library

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

["Experimental Alzheimer's Drug Significantly Slowed Patients' Cognitive Decline"](#) – Hopes have been cautiously raised after a large clinical trial of an investigational Alzheimer's drug significantly slowed patients' cognitive decline. After 18 months, patients who received the drug performed 30 percent better on a cognitive test than those getting the placebo. More research is required to find out if this new drug could be the first to be approved for the treatment of Alzheimer's in more than 15 years. From *Scientific American*, published online: 26 July 2018.

["Blood test can predict optimal treatment for advanced prostate cancer, study finds"](#) – A recent study has shown a blood test of patients with advanced prostate cancer can be used to predict how well they will respond to different treatments, and could lead to improved survival. The test checked the patient's blood for the presence of a type of protein in the cell's nucleus – if it tested positive, the patient responded best to taxane-based chemotherapy, while those who tested negative responded best to hormone-targeted therapy. From *ScienceDaily*, published online: 24 July 2018.

["Effect of Screening With Primary Cervical HPV Testing vs Cytology Testing on High-grade Cervical Intraepithelial Neoplasia at 48 Months"](#) – A trial in North America over 48 months of women screened for cervical cancer with HPV testing without cytology resulted in considerably fewer CIN3+ and CIN2+ cases compared with women who were screened with cytology alone. The results indicate primary HPV testing detects cervical neoplasia earlier and more accurately than cytology. From *JAMA*, published online: 3 July 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

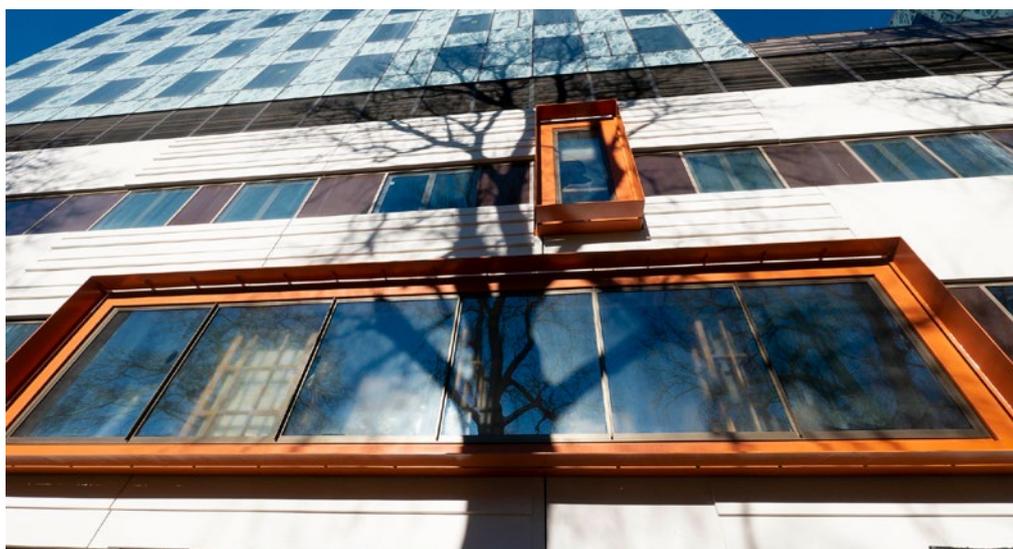
Our most recent photos from the site, from earlier this month, show how some of the clinical and other spaces are really beginning to take shape.



A staff station on Level 3



Cabinetry in a staff room on the ground floor



A tree casts a shadow on the side of the new building

At the weekend, a crane was on site outside Hagley Outpatients to lift the glass into the entrance canopy of the Acute Services building.

Elsewhere on site, the scaffolding and wrap encasing the Nurses' Chapel will be taken down in early August in preparation for the Chapel being reopened later in the year. Christchurch City Council owns the building and is running this project.

A concrete slab was poured close to the Oncology Department last week as part of the site preparation for the link to the Acute Services building. Various works are planned in this area in August ahead of piling for the link, including relocation of the fire hydrant lines. Staff in affected areas will be informed ahead of noise or other disruption.



An ensuite on Level 3 showing a hoist track in the ceiling

Christchurch Outpatients

There are only 13 weeks to go until the big move, which will take place in stages between Labour weekend in late October and the Canterbury Show weekend in early November. Over the coming weeks, look out for lots of reminders and messages from the COAST team about the move and how to prepare your team, your work area, yourself, and your patients. During the process, if staff have any questions, please contact itsallhappening@cdhb.health.nz and one of the COASTers will respond.

Are dairies ready to quit selling tobacco?

New research carried out in partnership between the Canterbury District Health Board's Community and Public Health team and the Cancer Society, published in the *New Zealand Medical Journal* this month, interviewed 62 dairy owners to find out their views on the importance of selling tobacco to their business and if they were ready to stop selling tobacco.

Understanding the role that the supply of tobacco has in the community is an important factor for achieving a Smokefree Aotearoa by 2025.

The local corner dairy has long been considered an easy way to purchase items of convenience, including a pack of cigarettes and other tobacco products. But how important is selling tobacco to the profits and operations of dairies? An estimated 165 dairies sell cigarettes in Christchurch. Gaining insights into the drivers for dairies to sell tobacco products may help guide advocacy strategies to reduce the supply of tobacco.

The survey of dairies revealed that 47 percent thought that selling tobacco was important and 23 percent thought that tobacco was "very important" to their business. A further 30 percent reported that they "don't really think" about selling tobacco in-store. But more than 50 percent of dairies considered selling tobacco to bring in less than 10 percent total profit, suggesting that selling tobacco is a high turnover but low profit commodity.

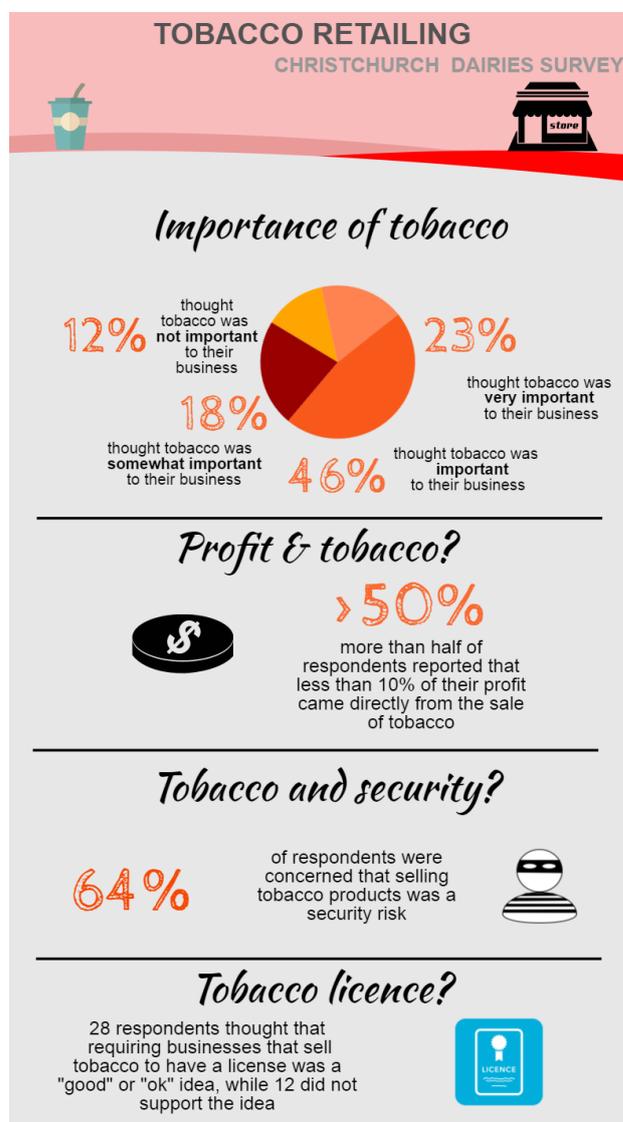
There is very little research surrounding the purchasing patterns of customers who buy tobacco and other products at the same time. This study revealed that just under half of dairy owners thought that 25-50 percent of customers who came in-store purchased tobacco.

There was very little interest in becoming a tobacco-free retailer but, at the time of the study, 64 percent were concerned that selling tobacco incurred a security risk. The number of burglaries of dairies has increased over recent months but the relationship to this and to the cost of and supply of tobacco in dairies requires further understanding.

It was clear from the study that the education of the harms of tobacco and smoking is getting through, with the majority of dairy owners - 88 percent - believing that smoking was harmful to children and adults, and 80 percent believing that second-hand smoke was harmful to children and adults.

Although most dairies are not ready to quit selling tobacco just yet, this study provides some vital insights

into tobacco retailers' views on selling tobacco that were previously unknown. The results are helpful to health advocates such as Canterbury DHB and the Cancer Society to inform local, regional and national tobacco control strategies to reduce the supply of tobacco.



This survey was designed by Cancer Society Canterbury - West Coast Division Inc., with guidance from Community and Public Health. It was conducted by Cancer Society during February and March 2016. Of the 112 dairy owner/managers eligible and invited to participate, 62 (55%) completed the survey.



Some of the key results from joint research by Canterbury DHB and the Cancer Society

Prestigious international award win for psychiatry

Specialist Mental Health Service Clinical Psychologist Jenny Jordan has won a prestigious international award.

Jenny, a senior lecturer at the University of Otago, Christchurch, recently won a Best e-poster award at the 2018 European Psychiatry Association Congress in Nice, France.

Her presentation was a 'walking e-poster' where the digital poster was projected onto a large poster-size screen and she had a three-minute slot to present the poster verbally to the audience who walked between poster stations.

Jenny presented the two-year follow-up outcome for the Binge Eating Psychotherapy study conducted in the Clinical Research Unit (CRU). The CRU team had adapted two therapies for binge eating disorder and bulimia nervosa to try to improve the outcomes of the gold standard therapy cognitive behavior therapy (CBT): schema therapy focusing on deeper beliefs about the self and the world that might be driving the eating disorder; and appetite-focused CBT focusing on retraining awareness of appetite and satiety as well as noting emotional or other situational cues for binges.

The main findings were that the two new therapies continued to be as good as, but no better than CBT, and improvement was maintained at two years post treatment in all three therapy groups. Provided these results are replicated, these alternative therapies may assist clinicians and those with eating disorders by enabling a better match between patient preference and the style and focus of therapy provided.



Jenny Jordan

Well done Jenny and congratulations to everyone involved in this amazing piece of work.

 An advertisement for 'CARE AROUND THE CLOCK'. It features an illustration of two healthcare professionals, a woman in a pink jacket and a woman in a green scrub top, standing in front of a building labeled 'FAMILY DOCTORS' at night. The background is dark blue with white stars.

CARE AROUND THE CLOCK

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

Canterbury District Health Board
Te Pūnaha Raukōwhiri

#carearoundtheclock

Equally Well – making it better for people experiencing mental illness

Everyone should have the same opportunities to be physically well but that's not always the case, particularly for people who experience mental health and addiction conditions.

It is well known that they have worse physical health outcomes than the rest of the population.

The World Health Organization has calculated that life expectancy for people who experience mental health and addiction conditions is up to 25 years shorter. Higher rates of suicide account for some of the difference but deaths in this population are mainly due to diabetes, respiratory illness, cardiovascular disease and cancer.

Overall, people using mental health services have more than twice the mortality rate of the general population. For people with a psychotic illness, it's more than three times the overall death rate.

Equally Well is a collaborative programme that aims to reduce these physical health disparities. One approach is to provide free, targeted general practice consultations for the physical health needs of people with a serious mental illness (SMI) and/or an addiction, or young people newly diagnosed with a mental health condition.

In 2015, Canterbury DHB, along with a number of mental health NGO providers, endorsed the Equally Well Consensus Position paper.

This signalled our commitment to ensure that the Equally

Well objective of taking action to improve the physical health of people with a SMI and/or an addiction is prioritised and implemented.

In Canterbury, a number of initiatives have been put in place, such as the establishment of the Canterbury Regional Equally Well Committee. The committee includes representatives from specialist mental health services, pharmacy, primary care, community health, consumer advocacy and kaupapa Māori services.

Two years ago the removal of cost as a possible barrier for access to mental health consumers to visit their general practice was identified as a priority in Canterbury.

Previously, 7,500 extended mental health general practice consultations were made available, allowing mental health consumers to have longer consultations at no additional cost to them.

This was changed to the free targeted general practice consultations. Extended consultations are also still available via a separate provision.

Targeted free Equally Well consultations will continue to be available across Canterbury for those with new and long-term mental health conditions. Uptake of these consultations is being reviewed quarterly as part of the System Level Measures for Amenable Mortality with the aim of improving the physical health outcomes for these people in Canterbury.

Immunisation the focus at Clinical Board meeting

Immunisation was the focus of the July meeting of the Clinical Board. Members heard from several speakers on the topic, representing Canterbury DHB Planning & Funding, Pegasus Health and Christchurch Primary Health Organisation (PHO).

Clinical Board Chair Diana Gunn says it was heartening to hear that Canterbury is leading the way in child immunisation rates.

She says the Board was provided with information on the National Immunisation Register, and was concerned to hear that staff who are vaccinated in their workplace are

not included in the national reported data, only those who receive immunisations in a GP setting.

Diana Gunn says the Clinical Board wanted to express its concerns about this at a higher level, as it is keen to ensure workplace data is captured in the future.

Other topics raised included refuting misinformation, public perception, and delayed immunisations.

Diana Gunn says the speakers provided a systems overview and the session was extremely valuable from a clinical governance perspective.

The next meeting of the Clinical Board is 21 August 2018. 8

World Breastfeeding Week

1-7 August 2018

This year's World Breastfeeding Week theme is Nutrition, Food Security, and Poverty Reduction.

With the slogan Breastfeeding: Foundation of Life, [#WBW2018](#), the goals in the New Zealand context are to provide good nutrition, improve child wellbeing, reduce inequity, prevent malnutrition in all its forms, and break the cycle of poverty.

Protecting, promoting and supporting breastfeeding is crucial for the health of our planet. Breastfeeding is a climate-smart decision that helps ensure food security even in times of crisis.

Optimal breastfeeding gives lifelong positive health effects and has the effect of reducing the burden on health services from birth to aged care. Breastfed babies are less likely to be admitted to hospital over their lifetime. There are also positive health outcomes for women who breastfeed their baby.

Workplaces can support women to initiate and maintain breastfeeding when they return to work by providing them with appropriate private areas and equipment to express or feed their baby during work time as per [Ministry of Health guidelines](#).

Women's Health Action is again running the "Big Latch On" in New Zealand. Community groups are invited to register their venue and participants are invited to go along to one of these venues to be with others and join the "Big Latch On" in their community. Mothers, babies, whānau and other children are most welcome. It is a great way to make new friends.

For more information on groups near you, or if you want to register a venue, please visit the [Women's Health Action website](#).

The New Zealand Breastfeeding Alliance and the Canterbury Breastfeeding Advocacy Service support Breastfeeding Week and the "Big Latch On".



New technology makes handovers a breeze for nurses

Last week a small but significant technological step forward was taken at Canterbury DHB, as electronic nursing handover (eHandover) went live for patient transfers between Christchurch, Burwood and Ashburton hospitals.



Workshops held in 2017 identified that nursing handover (in whatever form) was often frustrating and time-consuming, and did not always provide the information required. Handovers were sometimes lengthy and cluttered with irrelevant information. Communication between wards and hospitals was variable.

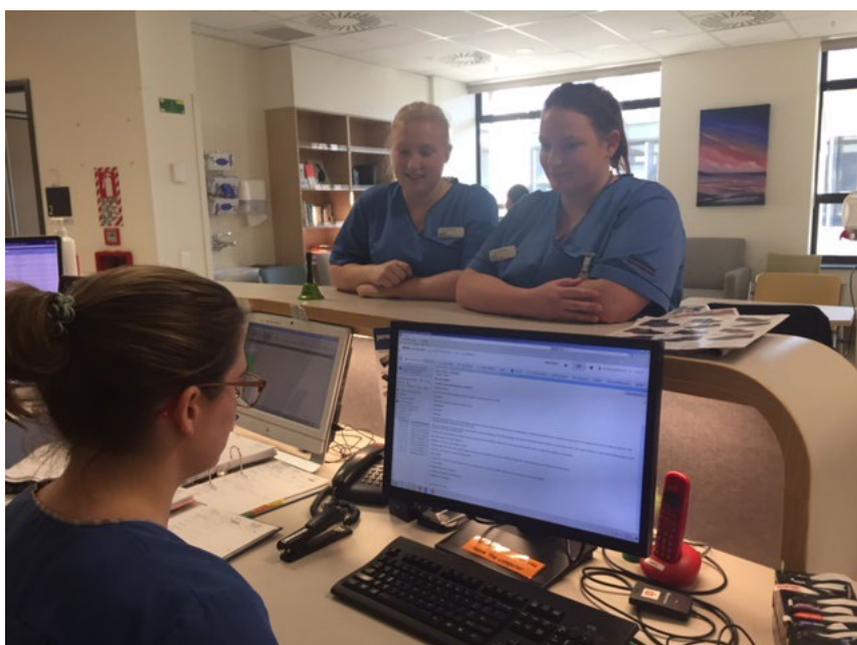
One of the actions from the workshops was to explore a standardised, electronic handover tool that would easily transfer important information and save nursing time. It was decided to base this work on an existing electronic handover tool used for patient transfers between the Emergency Department and the wards at Christchurch Hospital.

"eHandover has been well received by nurses within the Medical Cluster. It is going to save huge amounts of time because there's no longer a need to wait for a nurse to be available to take a verbal handover. Plus, the electronic template ensures safe transfers occur by prompting nurses to fill in the required fields. There's also plenty of room to include additional notes. It's fabulous!" says Kerry Winchester, Clinical Nurse Specialist at Christchurch Hospital.

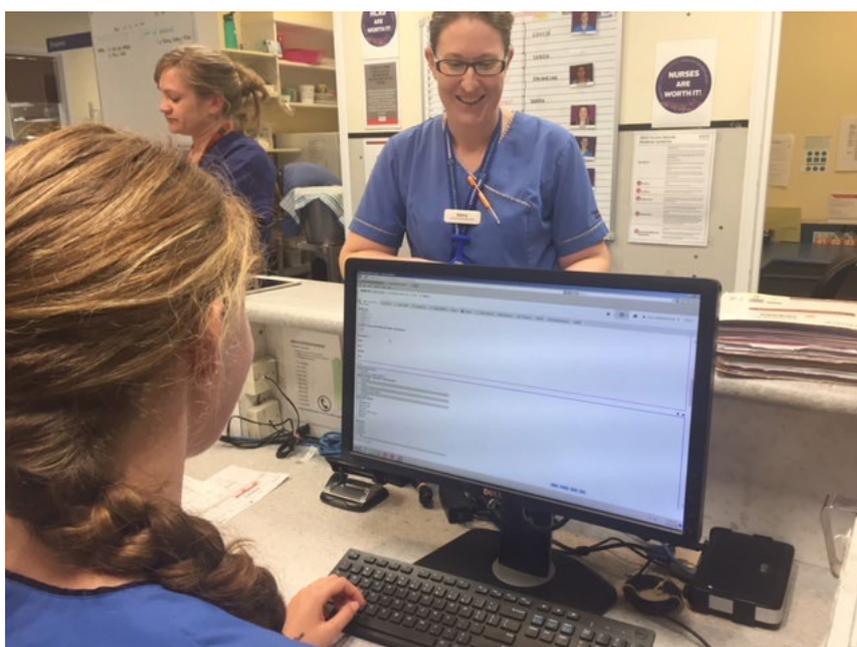
Nurses, other health professionals and support staff spent a lot of time gathering data and documentation around referrals, transfers and discharges, to assist in the development of the new eHandover tool.

Dinesh Lal, Clinical Nurse Specialist from Burwood Hospital says, "eHandover has meant that the Burwood nurses get all the information they need about a patient before they get to Burwood, on time, every time. It has cut down wasted time because they don't have to chase up other nurses to get a verbal handover."

Further information is also available on [the intranet](#).



Burwood 1 handover



Ward 23 handover

Spotting cancer early makes a difference

Two people who have had head and neck cancers are encouraging others to be aware of their bodies and check out anything unusual.

Kathleen Campbell has had two cancers removed from inside her mouth.

The first was a lump on her tongue four years ago, which Kathleen thought was a wart.

Her General Practitioner (GP) was concerned about the lump and referred her to a head and neck surgery specialist at Christchurch Hospital.

Kathleen went onto a waiting list, but the lump kept growing so she consulted her GP again.

"She actually took a cellphone photo and sent it straight off to the specialist," Kathleen says.

The specialist saw her quickly, and a biopsy showed the lump was probably cancerous.

"They took out a wedge-shaped section of my tongue," Kathleen says.

"But it was early so I didn't need any chemo or any radiation treatment."

Last year Kathleen asked her GP to look at an ulcer that wasn't healing on the inside of her mouth. It was a cancer that had begun to eat into her jaw.

The second surgery was much more serious, requiring a piece of her jaw to be removed and be replaced with a piece of bone from her leg.

"Learning to talk and swallow were the toughest part of my journey, and soon I hope to be able to eat more than just soft food."

Kathleen has recovered from her surgery, and wants other people to be vigilant against cancer.

"As soon as you suspect, get onto it, don't put it off. Both of mine were caught early because I didn't muck around. I listened to my body, because I knew there was something wrong."

Another patient, Bryan, was diagnosed with oropharyngeal cancer last year.

"I had a slight sensitivity in my neck that had developed into a lump," he says.

Bryan's GP referred him to a specialist, who got a biopsy of the lump and diagnosed it as cancer.



Kathleen Campbell

He had six weeks of chemotherapy and radiation therapy at Christchurch Hospital.

"My neck was a bit of a mess, because radiotherapy burns the outside of your neck as well as the inside. That took six weeks or so from the end of treatment to heal up – I continued losing weight for several months.

"And my eating was different. Even now, I have much less saliva in my mouth, so I have to be careful to eat moist food."

Bryan had surgery and chemotherapy 10 years ago for an unrelated bowel cancer. He says that was found when he went to his GP and a dietician after having trouble eating.

"Here I am 10 years later still going strong, and I hope I'll stay around a bit longer. The trick is, if you feel that something is wrong with your body, you should get it checked.

"I know it costs money to go to a GP, but it's a relatively cheap price to pay for something that could absolutely destroy your life if you didn't get it checked."

Countdown Kids Appeal kicks off

The 2018 Countdown Kids Hospital Appeal is being launched in Christchurch this Wednesday and organisers are looking forward to another successful year.

The Appeal runs annually from August to October raising money for unwell children across the country. Countdown and District Health Board staff host various fundraising activities, such as quiz nights, car rallies, cake stalls and raffles.

Since its inception in 2007, \$11.6 million has been raised for medical equipment in children's wards in 13 hospitals around the country. Of that, more than \$1 million has gone to Christchurch Hospital's Child Health Division.

Canterbury DHB has used funds from the appeal to buy a wide range of equipment. Last December, we gratefully received a cheque for \$76,935 from the appeal which was used to purchase items such as ultrasonic height and weight measuring equipment, portable scales and a breast milk analyser.

The latter ensures premature babies get the right nutrients they need for optimum growth and development.

Until 31 October, Countdown stores are working alongside their local children's wards to host fundraising activities. Thousands of Countdown and hospital staff will be rallying their communities to support the appeal.

Everyone can participate by making a donation or engaging in local activities and raffles.

To donate:

- › Visit your local Countdown supermarket and donate at the till
- › Visit www.countdown.co.nz to make a donation online
- › Text KIDS to 3066 to make a \$3 donation (charges apply).

countdown Kids Hospital Appeal **Supporting Child Health**

The annual Countdown Kids Hospital Appeal raises funds for much needed medical equipment for Canterbury Child Health services.

Donations will help fund items like these:

Your generosity makes a big difference

countdown Kids Hospital Appeal | child health | Canterbury DISTRICT HEALTH BOARD | Māta Health Foundation

Another new MAX service! Employee expense claims

Max has partnered up with our friends from finance to deliver this fantastic new service. You can now claim your **business related expenses** through Max with the **new digital 'Expense Claim' service**.*

In a move that's consistent with our commitment to paper light, we can now move past the paper form and use this simple, online and transparent service. You can even **apply for reimbursement on your mobile device** and payment information will appear in your payslip!

Scan or photograph your original proof of payment receipt, upload it to your online expense claim form, and then sit back and watch Max do the rest.

Max – the People and Capability Portal – can be found under 'Workday Essentials' on the Canterbury DHB [intranet homepage](#). Once you're inside, you'll find this new service inside the 'Request a Service' tab.

We'll come back to you in a week with the next new Max service!

* This initial release **excludes** CME Expenses, Training Fees and Annual Practising Certificates. We're working on making some of these services available in future releases.

Max
People and Capability



Check out the latest updates and new services from your Max homepage!

Employee Expense Claim



Use this form to claim CDHB | WCDHB business related expenses.

One minute with... Daisy Phair, Hospital Aide, Oncology Ward

What does your job involve?

Firstly, I like to keep my nurses happy by keeping them well stocked with the equipment and products they need to make things run smoothly each day. Just some of my duties include: running to the Lamson tube with blood samples (keeps me fit and my number of steps up for the day); unpacking and sorting linen; stocking the chemo trolleys; making our patients a cuppa; handing out lunches and many more duties. On top of that, I do the ordering for the Day Ward, clinics and Radiation Department. I have also been involved in the Well Organised Ward Programme. I fill in for our lovely ward clerk and wonderful clinic nurses when they are away, so my flexibility gets a really good work out! I have to say I would give most things a go to keep our service running as smoothly as it can and I am so very lucky that I work with such dedicated people.

Why did you choose to work in this field?

I like to help people and like to think I can put a smile on their faces.

What do you like about it?

You get to build a good relationship with staff and patients and every day can be so different depending which role I'm in.

What are the challenging bits?

All aspects of the job as you have to be good at problem solving, time management and, above all, have the patience of a saint! I have to make sure I keep my emotions in check as you get to know your patients and their families very well.

Who inspires you?

Our patients here in Oncology as they go through their journey because they are so inspirational and positive.

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

These are very important to me. Our patients and their families go through a very challenging time and the care and the respect we give should never be forgotten.

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

I prefer to watch musicals, and movies like *Pretty Woman*.



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

So many beautiful places in the world but New Zealand is a pretty amazing place, so anywhere here with my family beside me.

What do you do on a typical Sunday?

Walk our dogs Archer and Doug at the beach and then meet up with one of our daughters (the other one lives in Auckland) for a nice coffee and chat or, weather permitting, go out in the boat fishing.

One food I really like is...

Thai.

My favourite music is...

Anything that you can have a good boogie to.

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 3 August 2018 – 12.15pm to 1.15pm, with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

Speaker 1: Dr James Weaver, Emergency Physician
"Hunting Zebras"

Aortic dissection is a lethal cardiovascular emergency that continues to pose a diagnostic dilemma. The condition is rare, can present atypically and is associated with a cumulative mortality for every hour that passes. While it is a recognised differential of acute chest pain, its prevalence in comparison to other causes often leads to the diagnosis being delayed or overlooked entirely. The Emergency Department is a busy environment, which increases susceptibility to cognitive bias and error-producing conditions that can lead to delayed or missed diagnosis. What can we do to increase our diagnostic accuracy while still choosing wisely?

Speaker 2: Dr Arun Natarajan, Consultant Paediatric Dentist
"It's not just about teeth and fluoride!"

Oral health is part of general health and wellbeing and contributes to the development of a healthy child and school readiness. Research tells us getting it right in the First 1000 days – the period from conception to the end of

a child's second year – has the greatest potential to affect general health and wellbeing throughout the lifecourse. This presentation will highlight why child oral health should be part of every health conversation in New Zealand. This presentation will also briefly share some of the service challenges, care pathways and quality improvement initiatives that makes it better for children and families passing through the Hospital Dental Service.

Chair: Peter Ganly

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 10 August 2018, Rolleston Lecture Theatre
 Convener: Dr R L Spearing – ruth.spearing@cdhb.health.nz

Staff Wellbeing Programme: Strengths Workshops

Registrations are open for an encouraging two-and-a-half hour workshop to learn and enhance your own personal strengths.

These workshops are delivered in a supportive environment, with ample opportunity to learn how to enhance your own personal strengths for a greater understanding of yourself and others both at home and in the workplace.

"For me the workshop was time well spent as there was a good balance between group and individual activities which were informative and enjoyable. My take away was that, whilst I was able to reinforce my strengths, I could also use this knowledge to make changes to some areas that needed some attention. It really is well worth making the time to attend."

– Marilyn McLeod, Health and Safety Manager

Registration for all workshops are now open on HealthLearn. Attendance will be in your record of learning.

Please note: links in the flyer on the opposite page have been updated and will now take you to the correct registration page.

For more information, please contact Lee Tuki by email lee.tuki@cdhb.health.nz Staff Wellbeing Coordinator, Canterbury and West Coast District Health Boards.

Strengths 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 our strengths – and how we can engage these in everyday life – enhances your overall wellbeing.

With this in mind the CDHB Staff Wellbeing Programme and MHERC are running a series of 2.5 hour workshops focusing on '**Harnessing our Strengths**'.

On completing the workshop staff will have:

1. A theoretical understanding of the strengths based framework.
2. Tools to enable a greater understanding of themselves and others which can help improve personal wellbeing and interactions with others, both at home and in the workplace.

This workshop is designed to extend the foundation of positive mental and emotional health developed in the Wellbeing Workshops. We encourage you to attend a [Wellbeing Workshop](#) before attending the Strengths Workshop (although it is not a requirement to do so).

Workshop Overview:

- Increase understanding of character strengths as personal resources
- Identify and measure personal strengths
- Experience strengths-based conversations
- Engage strengths in everyday life
- Recraft tasks to increase wellbeing

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](#)

For More Information Contact:

Lee Tuki - Staff Wellbeing Coordinator

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

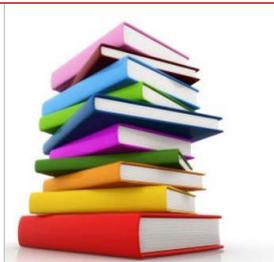
[Click Here to Register](#)

Nursing Education Fairs

Interested in graduate or postgraduate level education in 2019?
Would you like to know what funding is available?

Come along and meet our education providers and the CDHB postgraduate coordinator.

Date	Location	Time
Monday 6 August	Burwood Hospital , Foyer of Main Entrance	1100-1400hrs
Tuesday 7 August	Christchurch Hospital , University of Otago Foyer (Medici Entrance)	1100-1400hrs
Wednesday 8 August	Ashburton Hospital , Cafe	1130-1330hrs
Thursday 9 August	Hillmorton Hospital , Fountain Room Admin Building	1330-1430hrs



We look forward to seeing you at one of the fairs!

Jacinda King
PG Nursing Education
Coordinator
Cell: 027 383 5744
Jacinda.King@cdhb.health.nz

NURSING & PRE HEALTH INFO SESSIONS

Learn about health-related study options at Ara.



Christchurch

Wednesday 8 August
3rd Floor,
Manawa Campus
276 Antigua Street

Nursing: 5.30pm-6.30pm
Pre Health: 6.30pm-7.30pm

Register to attend today.

ara.ac.nz | 0800 24 24 76



Ara

Institute of Canterbury
Ara rau, taumata rau



Quality Improvement & Innovation Awards 2018

We are inviting poster submissions as the format to demonstrate your improvement project.

Key Dates:

- | | |
|--|--|
| » Entrants' Learning Session
"How to submit a poster"
Please register for a session at
Quality@cdhb.health.nz | Tuesday 3 July 1:30-3:00
and repeated on
Monday 9 July 10:30-12:00 |
| » Expression of Interest form due | Monday 6 August |
| » Poster Submission due | Friday 12 October |

The Awards recognise, reward and publicly acknowledge the excellent quality improvements and innovations taking place within the Canterbury Health System.

The awards are open to all DHB staff and providers whose services are funded by the DHB.

For more information, including the Entrant's Guide, visit the Awards page on cdhbintranet/corporate/Quality/SitePages/Quality-Awards.aspx

Let's celebrate your quality improvement and innovation work at the Awards Ceremony in November (date to be announced)!

@HeadNeckNZ

Connect - Support - Advocate



@HeadNeckNZ



<http://headandneck.org.nz>



headandnecknetwork@gmail.com



<https://www.facebook.com/headnecknz>

Head and Neck Cancer Support Network Inc.



The Champion Centre's

40th **anniversary gala event**

Black tie fundraising gala event

When: 6.30pm Saturday 13 October 2018

Where: Christchurch Art Gallery, Te Puna o Waiwhetū

Tickets: \$250pp, tables of 10 \$2,500

For more information or to purchase tickets, please email:
abby.shaw@championcentre.org.nz



SEXUAL HEALTH SEMINAR

THURSDAY 23 AUGUST 2018
FROM 1.00PM – 4.30PM

Community and Public Health
310 Manchester Street, Christchurch

1.00pm - 2.00pm

WELCOME

Time to catch up with work we are currently involved in, to share information and new resources, and projects planned for this year.

2.00pm - 3.00pm

GENDER TRANSITION – THE INS AND OUTS

PRESENTER: DR SUE BAGSHAW

Sue works as a doctor at 298 Youth Health Centre. She is also a senior lecturer in adolescent health in the Department of Paediatrics at the Christchurch School of Medicine, and Training Contractor at the Collaborative Trust (a research and training centre for youth health and development). She will speak about the process of gender transition. Josh, a young trans man, will also speak from his perspective.

3.00 - 3.30pm

AFTERNOON TEA

3.30 - 4.30pm

MATES AND DATES: A HEALTHY RELATIONSHIPS PROGRAMME

PRESENTER: SOPHIE BAILEY

Sophie Bailey is a Mates and Dates Facilitator in Christchurch. She is working towards a Master of Health Sciences Degree, specialising in Community Health and intimate partner, family and sexual violence.

She will speak about Mates and Dates which was designed to help prevent sexual and dating violence by teaching young people healthy relationships skills and behaviours. It is now running in some Christchurch secondary schools.

4.30pm

CLOSING

There is no cost for these seminars and afternoon tea will be provided.

Please let me know if you will be attending.

Diane Shannon, Health Promoter
Community and Public Health
(a division of Canterbury District Health Board)

P 03 378 6755
E diane.shannon@cdhb.health.nz



Community Education Seminar

August 2018

Tips for Living Well Day to Day with Dementia

Supporting people living with dementia to engage in activities can help create a richer environment and enhance quality of life. Hear Tracey Hawkes, a CDHB Dementia Educator, and Dr. Susan Gee, a Researcher for the CDHB, share their ideas about choosing and adapting meaningful activities to help fill the day. There will be time for questions.

Registrations are essential! Phone 3792590.

Date: Tuesday 21st August 2018

Time: 10.30am – 12 noon

Venue: Dementia Canterbury Seminar Room
Unit 3/ 49 Sir William Pickering Drive
(off Roydvale Avenue – some Dementia Canterbury
parking is available on site, but please allow plenty of time
for parking)

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

SPIRITUAL HEALTH

Medical professionals and partners are warmly invited to an evening of discussion and music, prayer and reflection, with a shared meal.

Sunday 5 August
5.00pm meeting, 6.30pm dinner

Venue: Cashmere Presbyterian Church,
cnr Dyers Pass Rd & Macmillan Ave, Christchurch.

Topic: The importance of spirituality in self-care;
a response to recent changes to the Oath
of the World Medical Association.

Speakers: **Graham MacDonald**
Les Snape
Sandra Wright-Taylor

Musicians: **Jeremy Baker,**
David Troughton

Organisers: David Troughton,
Ruth Spearing, Silvia Purdie



No charge. Please bring a plate of food to share.

For more information
call David: 021 231 0471
or email: davidtroughton35@gmail.com

CASHMERE  PRESBYTERIAN
CHURCH