



Introducing Canterbury DHB's newest Board members

The Minister of Health last week announced the appointed Board members for Canterbury DHB.

Murray Cleverley, our existing Chair, has been reappointed, and he will be joined by Sir Mark Solomon who has been appointed as Deputy Chair. Sir Mark Solomon is currently the Kaiwhakahaere of Te Rūnanga o Ngāi Tahu (expected to stand down in the near future). He holds a Knight Companion of the New Zealand Order of Merit for services to Māori and Business. He was named Visionary Leader of 2012 in the Deloitte and New Zealand Management magazine National Business Awards. Of Ngāi Tahu and Ngāti Kurī descent, Sir Mark's contribution to his community has been diverse and significant, ranging from his roles as a school board trustee and a trustee for Takahanga Marae, to board member of the Museum of New Zealand Te Papa Tongarewa.

The other two new appointees to the Board are Barry Bragg and Tracey Chambers.

Barry is a member of the NZ Institute of Chartered Accountants and the NZ Institute of Directors. He is Managing Director of CRL Energy Ltd, an energy and minerals research and services business and of Nuenz Limited, a start-up business which produces an advanced reinforcing material. He is Deputy Chair of Stevenson Group Limited (a property development, construction materials and mining business), a Trustee of the Canterbury West Coast Air Rescue Trust and Chair of the NZ Flying Doctor Service. Of Whānau o Apanui, Whakatohea and Ngāi Tahu descent, Barry was appointed to the Ngāi Tahu Property Board in 2009 and has been Chair since 2012.

Tracey Chambers is lead strategist at Chambers, which is a strategic counsel, engagement & communications and marketing company. She is currently a director and former

chair of Rata Foundation. Tracey was on the Canterbury Employers Chamber of Commerce Board for more than a decade, and was their first female president. She also served a term as Vice President of Business NZ. She is a current trustee of Canterbury West Coast Air Rescue Trust. Tracey has also worked with a number of health-related organisations in consulting and advisory roles for more than 20 years.

Tā Mark, Barry and Tracey will join seven elected Board members, who were all re-elected in the recent DHB Board elections. They are Sally Buck, Chris Mene, Andrew Dickerson, Jo Kane, Anna Crighton, Aaron Keown and David Morrell.

All Board members are appointed for a three year term which starts today and runs until 4 December 2019.

As governors, Board members are responsible for the overall performance of the DHB. The Minister sets out his expectations for DHBs, and the current priorities include

- » Living within our means
- » Working across Government
- » National Health Targets
- » Tackling obesity
- » Shifting and Integrating Services - across health systems and between community and hospital settings with more services closer to home
- » Health IT Programme – regional and national IT investments

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Boards are expected to maintain a high level of public confidence in health and disability services, and ensure that there is a culture and systems in place to maintain the highest possible levels of quality and safety at all times.

Boards are also required recognise that they are part of one integrated public health system, and collaborate with other agencies and DHBs wherever possible.

With our South Island Alliance and integrated health system we have good structures in place to support the Minister's expectations and direction of travel.

Canterbury DHB's Board meetings are open to the public.

I would also like to acknowledge the contribution that the three previously appointed Board members have made to the CDHB over the past three years. Steve Wakefield, Edie Moke and Susan Wallace.

Steve played a crucial role with Canterbury DHB in his role as deputy Chair and Chair of QFARC (the Quality, Finance, Audit and Risk Committee) and held the DHB to the highest standards in relation to our financial and quality performance. Edie Moke played an active role as a Board member, and member of two of Board Advisory committees: QFARC and DSAC (the Disability Support Advisory Committee). Finally I would like to acknowledge the valued contribution Susan Wallace made during her term as a Board member.

Thank you for all that you have contributed to the Canterbury Health System.

New position created to lead recovery in North Canterbury|Kaikoura

Getting North Canterbury's rural communities back on their feet and maintaining their health and wellbeing will require additional input from our health system for the foreseeable future.

Angela Blunt has been appointed to a new position to lead a significant recovery programme and support the work of Civil Defence Emergency Management (CDEM) once North Canterbury and Kaikoura has moved from a 'response' to 'recovery' phase.

Angela will be seconded to this important role from 12 December 2016.

Angela has a special knowledge of Kaikoura from her time with the Canterbury Clinical Network as Kaikoura Service Level Alliance Project Facilitator. She has been on the ground during the response to the latest series of Canterbury earthquakes and has extensive experience working with communities and across the health sector.

After the Civil Defence State of Emergency declaration has been lifted our health system resources such as logistics and people and capability, psychosocial recovery and mental health support, along with primary care and pharmacy teams will continue to play a vital role in sustaining current staff and providing additional services as and where required.



Angela Blunt – newly appointed Kaikoura Health|North Canterbury Recovery Manager

The Kaikoura Health|North Canterbury Recovery Manager will work closely with a wide range of appropriate government and non-government agencies as well as private sector organisations to ensure an effective and well-coordinated community recovery.

I know you will join me in congratulating Angela. I would like to thank her for taking on this important and challenging role.

Have a great week

David Meates
CEO Canterbury District Health Board

Facilities Fast Facts

Fast Facts - Christchurch



The photo above left shows progress on the western end of the Acute Services building, compared with the artist's impression of the finished building. Christchurch Women's Hospital is on the right. The temporary Hagley Outpatients building, on the left of the photo, will eventually be removed. The external glass panels are beginning to be installed on the lower storeys of the new building.

Although the main steel superstructure of the Acute Services building is almost complete, there is still a lot of additional steelwork to be done. Each floor of the building is made using a reinforced concrete and steel system called ComFlor. Installation of this flooring system can be noisy. Noise levels on site are therefore likely to remain high for the next 2-3 months, and will then reduce as the work gradually moves from external build to internal fitout. [Here's a new timelapse of the Acute Services site](#), showing all the work done in 2016.

Fast Facts - Outpatients

Concrete pours are beginning on site for the Outpatients building's lift pits. The contractors are expecting to do their first concrete pour for the building's foundations before Christmas. We have also produced a [new timelapse of the Outpatients work](#), from July to December 2016.



This view across the Outpatients site shows the completed piles, the start of the foundation work and the main lift pit (centre)



Bouquets

Acute Medical Assessment Unit (AMAU) and Ward 20, Christchurch Hospital

Just wanted to say how very well I was treated by everyone in both wards. The kind hearted, well mannered and respectful manner of every doctor, nurse and service staff on ward 20 and AMAU... was way beyond what I expected to see but want to see. Thanks you girls and guys. You make me proud to be a New Zealander. We are very lucky. Loved the fact that we were all women in the same ward. Everyone was so professional. Very particular with the hand washing etc. and patient privacy. Well done Christchurch Hospital. Felt so well cared for.

Acute Medical Assessment Area and Ward 14

I just wanted to pass on to you how much I appreciate the way I was treated in AMAU and ward 14. It was a very stressful time for me dealing with the physical complications of a mental illness; but the staff were so patient with me, went above and beyond by sitting with me for meals and spending time talking with me when I was upset or scared. Jayne (AMAU) - thank you for always being a familiar and friendly face when I've been admitted and helping reduce my anxiety. Kate, Rachel and Alice (ward 14) - thank you for helping me get through the hardest two weeks of my life, your support set me up well to get better and I'm now doing really well.

Post Anaesthesia Care Unit, East
Clinical Nurse Specialist, Lindsey and team are fantastic, made for a peaceful stay.

Hagley Outpatients

A well-oiled machine, thank you.

Ward 15, Christchurch Hospital

The care and empathy shown to me, my family and friends has been amazing. It was crucial to me that my friend die with dignity and I am sure that he would feel we gave him that. The doctors, nurses and orderlies were so 'human', not clinical or cold. I felt they genuinely cared about us and my friend. Thank you so much.

Emergency Department and Ward 15, Christchurch Hospital

All the staff I have dealt with, including doctors, nurses, cleaners and catering, have been wonderful, considerate, kind, patient, understanding and respectful... I was amazed most of the staff could remember my name... It was very comforting as a patient knowing I am not just a number... I feel very welcomed and I like the way your staff treat me like I am family, or a friend... Nurse Rachel was lovely and has a passion for her career. The quality of care provided by her and other staff was in my view 100 per cent perfect... The nurses have such a positive attitude, lovely personalities, are very professional, have empathy and are genuine... They listened to my concerns and I have a lot of appreciation for the high quality of health care provided... The nurses have all the qualities listed above, and each with a smile... They stay calm and have complete devotion to their patients.

Intensive Care Unit, Christchurch Hospital

The ICU doctors do a very good job looking after patients. We thank them and the nurses for their caring.

Medical Day Unit (Haematology)

To nurses Kim, Helen, Cindy, Sharron and Paula (plus everyone in the team),

we just wanted to write a quick note to comment on how wonderful all of the Haematology and MDU staff are. They are all so kind, attentive and supportive, everyone from the admin staff to the doctors, nurses, registrars and consultants. Thank you. You are doing an incredible job. We appreciate it very much. Special note – we recently met Dr Jane Rutherford (Haematology Registrar). She did a great job. My mother was very nervous about having her second bone marrow sample but Dr Rutherford was very comforting and patient and the whole procedure went very, very well. Thank you.

Intensive Care Unit, Christchurch Hospital

Alana who looked after ... is the most amazing nurse ever. She is so caring and understanding.

Christchurch Hospital

Thank you absolutely to all the young doctors who looked after me while I was unwell.

Emergency Department, Café and Volunteers, Christchurch Hospital

We are most impressed with the efficient service, friendliness and caring staff of Christchurch Hospital's ED and the café. Thank you very much. All uniforms and presentation of staff look good too. A great idea to have the volunteers with the 'Can I help you?' bibs. Fantastic. We are visitors from Gisborne.

Ward 15, Christchurch Hospital

Thank you so much to all the staff who cared for our friend in his last days. You all kept him as clean and comfortable as possible and we really appreciate that. What an amazing job you do. Thank you and best wishes.

Collection for Kaikoura Health at Christchurch Campus pre-Christmas staff meal

This is a great opportunity for staff to help support our colleagues in Kaikoura.

At the Christchurch Campus pre-Christmas staff meal on Thursday 8 December in the Great Escape Café there will be a gold coin collection for Kaikoura Health.

Collections will be made at both sittings - 11am – 2pm and 4pm – 7pm.

If anyone would like to donate but is unable to attend the meal, please contact Julia Reeves on extension 80212 or Julia.reeves@cdhb.health.nz

CEO Update and Post a Notes – taking a break over Christmas and New Year

The last issue of the CEO Update for 2016 will be Monday 19th December. Please send in your submissions before 10am on Thursday 15 December.

We plan to make this last issue a Christmas special, so please send us any Christmas-themed pics. Decorated wards, decorated offices and trees – even decorated staff! Team shots from one of the Christmas meals, or staff in festive scrubs. Any Christmassy photos from throughout our health system will be considered for publication.

Please send all your photos and captions, or stories to communications@cdhb.health.nz

The CEO Update will be back in print in 2017, with the first issue hitting your inbox on Monday 23 January.

Post a notes

Post a notes will not be processed between December 24 and Jan 3, inclusive.



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Something For You – Our 12 days of Christmas Thank You Programme:

CHOOSE SOMETHING
FOR YOU

We hope you feel valued and appreciated in the important work you do for our patients and communities every day. However, it can never be said enough, so we wanted to say a huge THANK YOU to each and every one of you for the vital and valuable contribution you make to Our Health System and Our People every day.

As a sign of our appreciation and with the support of the People and Capability Leadership Team respect for the work that you each do, the Something For You team have gathered some goodies and treats to enjoy with your colleagues and loved ones over the holiday period. These will be revealed each day on the Something For You Intranet pages commencing Monday 5 December ending on Tuesday 20 December. We have a very special guest star who will be uncovering what we have in store for you.

Let us introduce our lovely Daisy....

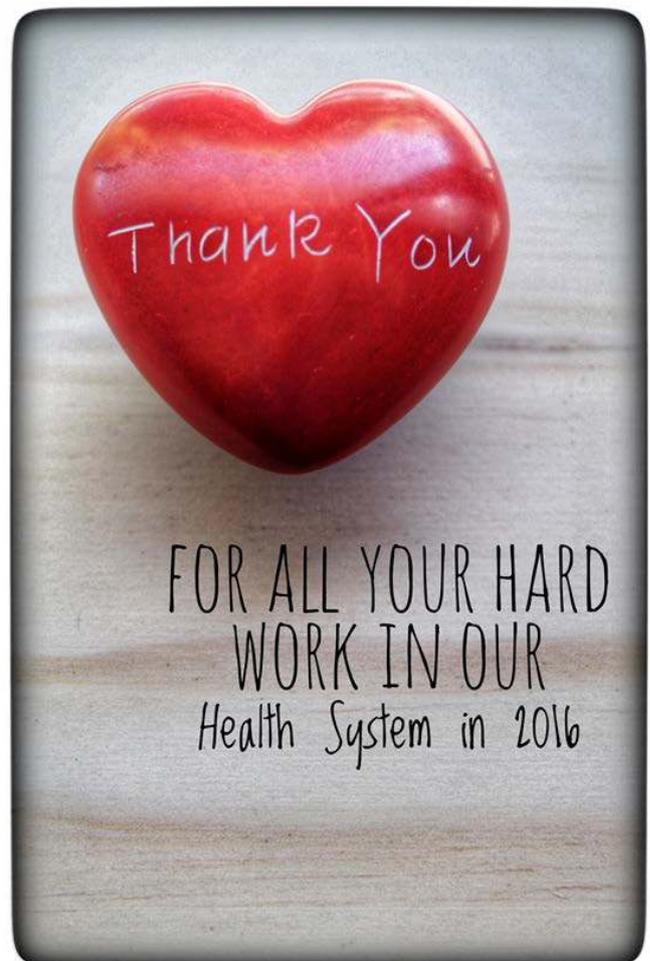


Daisy is a wonderfully wise and watchful owl who has been flying a circuit round Our Health System for some months now and noting all the great work being done. She is mindful of how hard you have all been working, so to share a little fun and joy in this season of giving she will reveal some special treats and prizes as a reward and Thank You to you all.

So on Monday 5 December, find Daisy's hiding place on the "Something For You" pages on the intranet and see what she's got for you and what she's doing to look after her own wellbeing during this busy season.

HINT: She's a sociable and active wee soul so she could be in any one of the For Your... categories!

Please know we appreciate you and all the work you do and this is our way of saying...



Kaikoura's most vulnerable mums and bubs are in good hands

The team at Māori Health and Social Service, Te Tai O Marokura, in Kaikoura kicked into action immediately following the magnitude 7.8 quake.

Lisa Kahu, Te Tai O Marokura Kaiawhina, says by the Tuesday night the team had visited or been in touch with every client.

It was vital they got to their most vulnerable and isolated clients as quickly as possible, to make contact and see what support they needed, she says.

"Many were quite distraught, especially the mums on our books who might be unwell themselves or have unwell children, and those who are isolated or alone without partners or families close by," Lisa says.

"We have supported a number of them to chopper out to Christchurch and arranged for many to have a service to follow them and their babies up in Christchurch."

Lisa says another big push had been to ensure affected families were aware of the risks around co-sleeping, so that all families had all of the information they needed to keep their babies safe.

"Within the first few hours of the quake, I knew many families who had never considered co-sleeping would be doing it for some time going forward.

"I felt that due to many families co-sleeping for the very first time, the risks would be very high, add to that the fact that the adults are exhausted and stressed and that there is a possibility that siblings could be sharing the bed also.

"I contacted Whakawhetū Mokopuna Ora in the North Island who have been amazing at putting the word out and advocating for us right around New Zealand. They supplied a whole lot of wahakura – woven flax baby beds – themselves and coordinated getting beautiful wahakura from as far north as Northland and south as Ngai Tahu who played a huge part in getting them flown into us in Kaikoura."

Pregnancy Help in Otago have also supplied handmade blankets and some clothing which are wonderful to have to give to families.

The wahakura are being distributed to any whanau who are interested. Lisa is visiting every family to ensure they understand the safe sleep messages and to answer any questions whanau may have.

"As a community we are incredibly thankful for all of those services and individuals that are contributing to keep our babies safe and well," Lisa says.

The team has been working closely with Plunket volunteer drop-in to do WellChild checks and baseline weighing and assessments to make sure all mums are supported and have everything they need for their babies.

Smoking cessation was also being offered.

"Because cigarettes are in short supply, we've had a whole lot of nicotine replacement therapy provided via the Canterbury DHB to help with smoking cessation to those who are struggling."

Te Tai O Marokura provide Tamariki Ora, Mama & Pēpi, Māori Mobile nursing service, alcohol and drug service, a counselling service by a trained psychologist. They also have social workers, youth counselling, Māori disabilities and Whānau Ora services.

Te Tai O Marokura is attending meetings daily to ensure the voice of local services are being heard, they are advocating for the things that locals are concerned about or being affected by.

"We are in this for the long haul, we are committed to this beautiful community and proud to be able to support those who reside within it. Our mission for Te Tai O Marokura is – Whakamana Ngati Kuri which means strengthen Ngati Kuri and all of those who reside within the area of Ngati Kuri, strengthening the whanau within the community is what we will continue to do."



Wahakura provided to Kaikoura families

Canterbury kids facing surgery given a 'bearable' boost in hospital

Sick children undergoing surgery in Christchurch Hospital were comforted today with the arrival of hundreds of teddy bears to the children's wards.

The phil&teddy bears are part of a joint venture between the Surgical Research Trust and award-winning juvenile products company, phil&teds. Children facing surgery are given a teddy bear to provide cuddles and comfort at a stressful time. Surgeons can also use the bears as a prop when explaining procedures to children before they undergo their operation which makes the whole process more 'bearable'. The phil&teddy is theirs to adopt, name and take home.

This is the first launch of a new batch of bears.

"We're so grateful and fortunate to have phil&teds as our key sponsor of the Surgical Research Trust. 250 phil&teddy bears have been donated to help young children at Christchurch Hospital get through the emotional stress of surgery. Not only does it cheer up the child undergoing surgery but it has a positive flow on effect for families and staff facing the surgical procedures ahead." said Grant Kiddle, Chair of The Surgical Research Trust.

Campbell Gower, Chief Executive of phil&teds, is delighted his company is part of the initiative.

"We love the dual benefit of providing a hospital friend for the child undergoing surgery and financial support to the Trust for education and research.

"We're committed to funding projects that genuinely help the New Zealand community and medical world to boot - whether that's through the phil&teddy programme, summer medical student projects or bladder obstruction experiments!"

Anne Morgan, Child Health Service Manager, says Child Health are very grateful to the trust for its ongoing support.

"These little bears make a big difference to the kids who come in for care. It's a wonderful thing to give at a time that can be very unsettling for the child."

The programme has been in place for several years with bears distributed in hospitals in the wider Wellington region, Christchurch and the Waikato.

The Surgical Research Trust was established in 1992 by Wellington renowned Orthopaedic surgeon Professor Geoffrey Horne to fund local and national surgical research. The main aim of the Surgical Research Trust is to give researchers the opportunity to further medical and surgical knowledge by funding their chosen research projects. More than 90 research projects have been funded since it was established, including research into areas such as pediatrics, diabetes, orthopedics and heart, renal and brain disease.



Above: Theresa Delima and her father Steve

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(No wallet needed!)



all
right?

Change of clinical director Orthopaedics

John McKie has stood down as Clinical Director, Orthopaedics after 11 years in the job.

I would like to take the opportunity to recognise the work John has undertaken during this time as clinical director and thank him for his contribution, says General Manager Older Persons, Orthopaedics & Rehabilitation, Dan Coward.

“During his tenure the department has grown and contributes so much to our health system.”

John will continue working at CDHB as an orthopaedic surgeon and a member of the Orthopaedic Executive.

Gordon Beadel will take on the role as the new clinical director of Orthopaedics and I would like to welcome him, Dan says.

Gordon has been a member of the Orthopaedic Executive and a long standing member of this department and I know he will continue to lead and develop the department.



Above left: John McKie
Above right: Gordon Beadel



“We all look forward to the leadership and energy that Gordon will bring to orthopaedics and developing our department further.”

Latest news and stories from Canterbury Clinical Network

All the latest happenings from the Canterbury Clinical Network are [here](#).



Canterbury Grand Round

Friday, 9 December 2016 – 12.15pm to 1.15pm
with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker 1: Dr Stephen Child, ADHB, Chair, NZMA

“The Debate Regarding Euthanasia and Medically Assisted Dying in New Zealand”

The debate regarding Euthanasia and Medically Assisted Dying in NZ has been increasingly active since 1995 with currently a select committee hearing submissions on public opinion and a private members bill in the ballot box for Parliament. Dr Child will attempt to discuss some of the differing opinions, aspects and controversies of this difficult topic.

Chair: Natasha Smith

Video Conference set up in:

- » Burwood Meeting Rooms 2.3a and 2.3b
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton
- » The Princess Margaret Hospital, Riley Lounge
- » Pegasus, 401 Madras Street, Christchurch 8013, Room 1.03

All staff and students welcome

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

Next is – Friday, 16 December 2016
(Rolleston Lecture Theatre)

email: ruth.spearing@cdhb.health.nz

Give something great!

As we head into the Christmas silly season All Right? is encouraging people to share the love and be even kinder than usual. By making an extra effort to be kind you'll:

- » feel happier
- » produce more endorphins
- » improve your mood and reduce anxiety
- » increase your energy levels

All Right? have created an online Gift Generator to help you find that perfect gift for people you care about. And there's no wallet required! There is something for everyone, even that hard to buy for daughter, partner or workmate who has it all! From compliments to culinary delights to helping someone with a chore, there's no excuse for not giving a whole lotta love this December (and beyond).

Those of you who like wrapping up your presents can rest assured - many of the gift ideas come with their very own, magically generated, customised voucher.

[Click here and try out our Gift Generator now.](#)

A secret squirrel passed on that Emma might love it if you had them over for a meal.



GIVE SOMETHING GREAT

(No wallet needed!)



GIVE SOMETHING GREAT

(No wallet needed!)



GIVE SOMETHING GREAT

(No wallet needed!)



Mobility Action Programme making a difference to patients

Marion Beard is working out at the Ara Institute of Canterbury gym, with the help of Bachelor of Applied Science student, Phoebe Guile.

She is taking part in the Mobility Action Programme, a Ministry of Health pilot scheme. There are seven in total around the country.

The programmes provide a range of services in the community for people with musculoskeletal conditions at various stages of progression with the aim of improving their health. The services include physiotherapy, exercise programmes, nutritional advice and self-management support.

Marion has been doing the programme for the last month and says she is now walking a little straighter and is more upright in her posture.

“When my hip is sore previously I would be leaning forward.”

She has already noticed increased muscle strength, which helps prevent pain in her thigh caused by supporting her ‘bad’ hip.

The students involved in the programme are excellent and very supportive and the fact that the sessions are well supervised is helpful.

Marion, aged 68, says she is normally an active person. However problems with her hip mean she can no longer do everything she used to. She had a successful hip replacement operation on her right hip a year ago but her left hip is troubling her with worn cartilage and she is often in pain.

“Apart from the hip I am as healthy as can be. I am not overweight. I would always be outside doing something. I love to walk and thoroughly enjoy golf and getting out with my friends and spending time with my granddaughter.”

She has not been able to get a First Specialist Appointment for assessment yet so doesn’t know when she will be able to qualify for surgery.

The Motus Health Network and the Canterbury Initiative are providing the Mobility Action programmes in Canterbury, for mild to moderate, and more severe cases of osteoarthritis respectively.

The Canterbury Initiative programme is specially aimed at people who have been referred for specialist review of the joint but who are unable to access this at present.

The 10 week long programme is being run in conjunction with Ara Institute of Canterbury and the Sport Canterbury Green Prescription team

Each programme consists of two hours per week including one hour of education and one hour of exercise. When the programme finishes patients are encouraged to continue physical activity with the support of a Green Prescription.

There is good evidence from such programmes being undertaken in other parts of the world that many patients will at the very least be able to better their progress when they do have surgery and that at best a good number of patients will be able to achieve much greater comfort and physical ability and be able to delay the need for surgery.

Ara Institute of Canterbury lecturer, Louise Sheppard, who coordinates the programme, says the early results of the programme are promising.

“We currently have three groups going through the programme and so far we are getting really positive feedback. It is a great opportunity for our Physical Activity & Health Promotion and Nutrition students to work with this population – both the students and the participants seem to be benefiting”.

The programme will run regularly throughout 2017 and the first half of 2018, with the goal of reaching over 400 patients by the end of the pilot.

For more information about the Mobility Action Programme and the current Mobility Action

Teams at: www.health.govt.nz/map

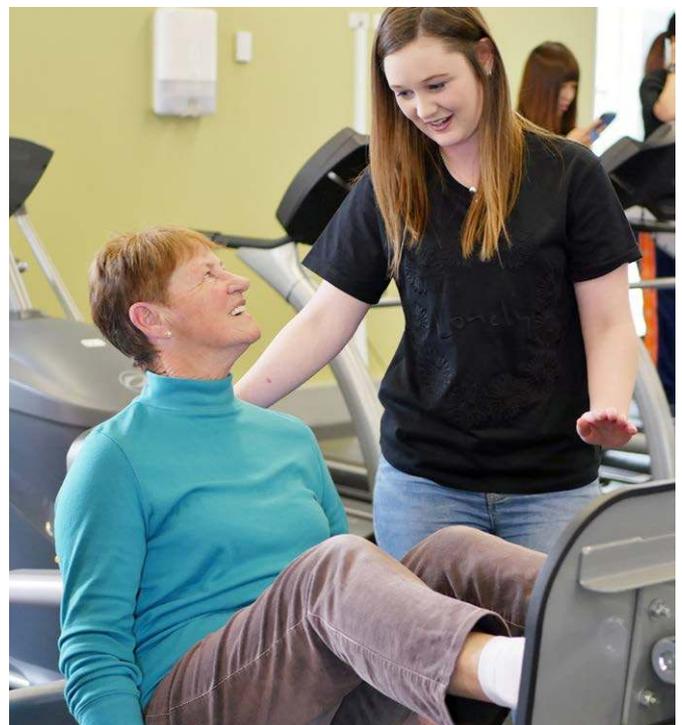


Photo: Marion Beard and Phoebe Guile at the Ara Institute of Canterbury gym

Successful national SPEC training programme launch

The Safe Practice Effective Communication (SPEC) National Training Programme launch and forum officiated by the Director of Mental Health, John Crawshaw, and held at Canterbury DHB on November 21 and 22 was a great success.

SPEC is a combined effort by the directors of mental health nursing and Te Pou to produce a national training programme that ensures all DHBs provide the same training to their Specialist Mental Health Service (SMHS) staff, making it transportable across the country and safer for patients and staff.

The forum brought together leaders, trainers, consumers, Maori, families, the Ministry of Health and Te Pou, from across the country to work together to set up a governance group and a way forward.

Proper governance will ensure all DHBs have ongoing access to contemporary best practice training with appropriate validation and modification processes and structures.

Director of Nursing, Stu Bigwood, says it was a great opportunity to showcase what we do well in CDHB as well as providing some national leadership. Several SMHS staff made a valuable contribution.

"I have had a lot of delegates contact me since expressing their gratitude and admiration for 'the great people you have here'".

Cultural Manager (Kaiarahi Matua) Henare Te Karu and the team from Te Korowai Atawhai Maori Mental Health Service welcomed the guests, supported all presenters and set the scene for a very successful and productive couple of days.

Director of Service Improvement, Brian Dolan, was MC and guided the discussion "incredibly well".

"There were 20 DHBs represented and keeping everyone focused and on the one page was no small achievement."

Acting Nursing Director, Adult Inpatient Group, Jason Edkins, and CDHB Maori Consumer Advisor (Te Kaihapai), Dean Rangihuna, presented the trainer perspective and were instrumental in the success of the forum.

There were some fantastic presentations but Dean delivered "something really special", Stu says.

His presentation was entitled 'Being a SPEC Trainer from a Maori Consumer Perspective; and the person summarising the presentations described it as the first 'TED Talk' by a Maori consumer advisor.

Other speakers included CDHB Chief of Psychiatry, Peri Renison, Nurse Manager, Training Unit, Tony Farrow and Stu.

Executive Director of Nursing, Mary Gordon, says well done to all involved and she would like to acknowledge Stu's leadership in particular, taking the lead across the country on this programme.



Left:
Te Pou's Angela Gruer, SMHS Chief of Psychiatry, Peri Renison, and Director of Mental Health, John Crawshaw at this week's SPEC launch celebration



Left:
Dean, Vi and Henare from Te Korowai helping set the scene.

Left:
Dr John Crawshaw, Dean Rangihuna and Kathy Moore preparing to cut the SPEC cake

One minute with... Catherine Butler, Physiotherapy Assistant

What does your job involve?

I am part of the Spinal Physiotherapy Team. As an assistant my job is to help the physiotherapists. The physiotherapists mobilise the patients, working on balance, walking, strengthening, transferring, wheelchair skills, proprioception, plus a multitude of other skills and my job is assisting as a second pair of hands. I also work with the patient on these skills without the physiotherapist but under their instruction. My job can be very physical.

Why did you choose to work in this field?

I have always liked working with people. I have worked in a number of rest homes and been involved with St John for over 20 years so when an assistant job was advertised, it sounded perfect for me. I had been at Burwood for a few years before the position within the Spinal Team came up.

What do you like about it?

I love the team I work with, which includes physiotherapists, occupational therapists, nurses, social workers, psychologists and doctors. I enjoy working with the patients and seeing them improve and become more and more independent. It's nice to know I've helped them get there. You meet so many different people from all walks of life.

What are the challenging bits?

Working with patients who have had such a life changing injury is probably the hardest. They have to go through the grieving process and that manifests in all sorts of ways which can be stressful for those working with them.

Who inspires you at work and why?

The patients inspire me and the staff working with them. The patients because of the hard work they put in to get home and the staff for their total devotion to their job of getting their patients home.

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

I try my best in everything I do. I consider myself an advocate for anyone I meet during my work day, be they patients, family, visitors or staff. I like to come across as friendly, approachable, reliable, supportive, attentive, respectful, knowledgeable and professional. I try to be the nicest part of the day for anyone visiting Burwood.

The last book I enjoyed was...

I have an almost two year old nephew so any book that I get to sit down with him on my lap and read to him is my absolute favourite. At the moment he loves dinosaurs and any kind of vehicle so I guess those are my favourite books at the moment!

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

In New Zealand. I love my country with a passion. It is so beautiful. I love the West Coast of the South Island. Spent a lot of time there growing up. Love the East Coast too, up and around Kaikoura. So much left of New Zealand to explore.

My ultimate Sunday would involve...

I love my dragon boating so a day of racing on a Sunday would be my idea of a perfect day. Either that or bacon and eggs for brunch and a day chilling at home.

One food I really like is...

Anything my husband cooks. I love a good roast, mince on toast, bbq with salad, toast with peanut butter or marmite. I like to think I'm a good all round foodie really!

My favourite music is...

I love Rock and Roll, I love Swing and Ragtime, Leonard Cohen, Phil Collins, Johnny Cash.... the list goes on.

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



Above: Catherine Butler

Virus avoided, this time

This was genuinely received not once this week, but twice. I have no idea where the link would take me, and no desire to find out.

I first saw this message on a work smartphone and so it wasn't the temptation to click, it was my 'jabby finger' that was nearly my undoing. We all know the jabby finger, it's the one that'll poke your laptop screen when it's not even a touchscreen – and don't even pretend you've never done that.

This plays on the fear factor. Email is a large part of my staying connected and at the time the thought of being 'cut off' meant that I very nearly fell for it. In hindsight, part of me wouldn't mind being slightly more cut off quite so much, but maybe only for a day's respite.

What gave it away was the suspect mismatched fonts, the use of overplayed alarmist red font and the fact that there was no specific CDHB identifier anywhere, and no proper email signature. It also came from this email address in Canada: Email Admin s.bond@cinde.ca I don't think we have any offices there. And one for the grammar pedants, 'replies to this email is not monitored'.

It was close though, and a timely scare for someone who knows better but very nearly did a stupid thing. Be on your guard. It could happen to anyone, but please make sure it's not you.

Dear [mick.odonnell@cdhb.health.nz],

Your Mailbox*(mick.odonnell@cdhb.health.nz)* Will Be Suspended!

A termination request was received from your mailbox account, your mailbox will be terminated after 48 hours.

If you did not make this request, click **CANCEL REQUEST** and reconfirm your Email Account.

E-mail Team Security

This is an autogenerated message and replies to this mail is not monitored

If you want to help spread the word and keep our systems and information safe, why not use this graphic in your email signature.



Kiwi pro cyclist backs Christchurch urology Movember campaign that highlights a world first

After making New Zealand cycling history as the first Kiwi to crack the top 10 of a Grand Tour, Nelson professional George Bennett supported Christchurch Urology's Movember campaign that also highlights a world first in prostate cancer support.

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, including prostate cancer, testicular cancer and men's suicide.

The Movember Foundation has provided \$130,000 of funding for the Centre for Health Outcome Measures New Zealand (CHOMNZ). Christchurch Urologist and chairperson of CHOMNZ, Stephen Mark, says their first partnership with the Prostate Cancer Outcomes Registry of New Zealand is a world first, in that New Zealand is the only country in the world participating in such a programme as one entire nation.

"There are other countries in the world, Australia for example, that have a similar registry but they do it state by state," he said.

New Zealand is unique in that we have one registry that facilitates the local collection of data from the men themselves focused on the outcomes of their prostate cancer journey that will see additional improvements in quality of care and outcomes for men diagnosed with prostate cancer.

All Canterbury's Urologists were behind the Movember campaign, with the regions six male urologists and three registrars all growing moustaches.

"There's been universal support for what we're doing. It's about taking action about the state of men's health and addressing some of the biggest health issues faced by men; prostate cancer, testicular cancer, mental health and suicide prevention."

A key focus has been running a social media campaign with a Facebook page,

'Christchurch Urology supports Movember,' having a fund raising presence on the official Movember website and the group had a social cycling bunch ride that Bennett is joined.

Bennett, who finished tenth in the Vuelta a Espana, performed well in the Tour de France and rode in the tough Olympic road race, said he was happy to support Christchurch Urology's Movember efforts.

"Guys don't tend to talk about their health, and that can be physical or mental, so I'm more than happy to do my bit to help make a difference."

New Zealand Movember Foundation Country Manager, Robert Dunne, said he is impressed with the collaborative approach required to make the Centre for Health Outcome Measures project work.

"To make it all work they needed to bring different medical fraternities together," Dunne said.

"Then, driven by the Christchurch Urologists, they have got fully involved in Movember which is really cool to see."

Movember needs passionate people to make a difference, and the Christchurch Urologists are fully living the Movember values of getting physically active with a focus on cycling.



Left: Canterbury's six male urologists and three registrars all grew moustaches for Movember. From left, Frank Kueppers, Nicholas Buchan, Ben Black (Registrar), Michael Awadalla (Urology Service Manager), Giovanni Losco, Peter Davidson, Rajeev Patel (Registrar), and Stephen Mark.

Discussion Document Nursing Leadership Framework – Acute Services Building Facilities

As part of the Christchurch Hospital Campus Senior Nursing Project this document is being released to generate discussion on the way forward for Nursing Leadership on this campus. The discussion period for this document will be carried out over an extended timeframe to allow for the holidays, ending 10th February 2017. Feedback can be given at forums being arranged with the Director of Nursing Services or in writing as outlined in the document. The first forum has been arranged for Thursday 8th December 2016, 2-3pm, Oncology Lecture Theatre. The document is designed as an interactive document for responses/feedback to be written in the spaces provided. The document can be accessed via [the following link](#)

We've looked at 55,259 applications in 2016, recruiting a total of 1,598 fantastic employees in 2016.

It's been a busy year for the Recruitment team and we thank you for your support.

We will be taking time during the Christmas and New Year holiday period to unwind, as we hope you do too.

We will be on skeleton staff during this time. Get your requests through early, or contact a specialist today for a chat.

Happy Holidays!

The Recruitment Team.



**GIVE
SOMETHING
GREAT**

(No wallet needed!)



*all
right?*



Christmas Lunches for Staff!

WHO	WHERE	WHEN
CHCH Hospital	CHCH Hosp	8th Dec
M&E	CHCH Hosp	8th Dec
OD (Design Lab team)	CHCH Hosp	8th Dec
Site Redevelopment	CHCH Hosp	8th Dec
Sterile Services	CHCH Hosp	8th Dec
Hillmorton SMHS	Hillmorton	9th Dec
Lincoln	Laboratory Cafe Lincoln	9th Dec, 1–4pm
Labs	Haematology Courtyard, Labs	14th Dec, 11–2pm
Ashburton (include SMHS services on site)	Ashburton Hospital Cafeteria	14th Dec, BBQ
ISG	Sydenham Park	14th Dec, 12pm
Burwood Hospital	Burwood	15th Dec, BBQ
Corporate	Corporate	15th Dec
TPMH (OPH and SMHS)	TMPH	15th Dec