



Despite the balmy weather, we're counting down to winter

I hope you managed to get out and enjoy the great outdoors at some stage over the long Easter weekend.

Make the most of the warm weather as winter will be with us soon enough, and between now and then we're busy refining our plans to ensure we can continue to keep patients moving through our health system and receiving the right care at the right time in the right place, provided by the right person. It will be challenging as we're already seeing large numbers of patients coming through mental health services, our emergency department, and primary care are also reporting that the urgent care/extended-hours pharmacies are also extremely busy as well.

Work underway to meet winter challenges

Prevention is always better than cure, so we encourage all Cantabrians to have their flu immunisations when the vaccine is available. The immunisation is free for a wide range of people:

- › Pregnant women (any trimester)
- › People aged 65 years and older
- › People under 65 years of age (including children) with long-term health conditions such as heart disease, stroke, diabetes, respiratory disease (including asthma that requires regular preventive therapy), kidney disease and most cancers
- › Children aged 4 years or under who have been hospitalised for respiratory illness or have a history of significant respiratory illness
- › People aged under 18 years in the Kaikoura and Hurunui areas
- › All staff and contractors at Canterbury DHB – details are on page 14 of today's *Update*.

Canterbury DHB takes a whole-of-system approach to winter planning to ensure we do everything possible to help Canterbury people remain well and to manage in the community those who are moderately ill. This reduces the need for unnecessary hospital admissions and therefore delays for people who are seriously unwell. Following on from the success of winter planning last year, we are building on this strategy for winter 2018.

This year will be at least as challenging as last winter including the risk of a flu outbreak which would further stress our system. The planning continues to be clinically-led with all disciplines across all areas of the Canterbury Health System, including primary health care.

The Wellbeing, Health and Safety team continue to support our people to be and stay well. A big focus will be on promotion of the flu vaccination, aligned to the broader community influenza campaign, while also supporting take-up of vaccination through making it easily accessible to our people.

To support our people and to ensure we have the right numbers of staff in the right places we are focusing on streamlining recruitment processes and improving our flexibility and staffing when we increase capacity across Canterbury DHB.

We continue to work on patient flow, enabling patients to access specialist rehabilitation at an earlier stage both as an inpatient and in their own homes. Our restorative approach to care and recovery means each patient has personalised goals they are working towards to help all

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involved in their care focus on what's needed for each individual to regain their former independence.

We will continue to support and strengthen the Clinical Nurse Specialist role from Older Persons Health and Rehabilitation (OPH&R) based at Christchurch Hospital to work with the Emergency Department and the Acute Medical Assessment Unit to identify and support frail elderly who make up a large number of presentations at Christchurch Hospital. Having this specialist nursing role helped ensure timely transfer to Burwood Hospital (on average two days earlier than before the role was introduced). This also means some people can return home sooner with a well-coordinated supported discharge. Ensuring support and rehabilitation is sustained during their stay is important.

Older Persons Health & Rehabilitation will be increasing resourced beds across their wards to bring on line 20 additional beds at Burwood in time for winter.

There is a continued focus on the Community Rehabilitation Enablement Support Team (CREST) supporting those who are referred to this scheme. The CREST service allows people to return to their own homes sooner, often with a wide range of clinical support – and those all-important goals, to ensure a continued focus on the person becoming as independent as possible.

For the non-shift workers amongst us, enjoy another four day week. And thanks to everyone who worked through the long weekend.

Giving is one of the five ways to Wellbeing

I'd like to give a special 'shout out' to our nursing staff from Oxford Hospital who along with members of Oxford Hospital's 'Friends' committee gave up some of their Easter Saturday to set up a stall at the Oxford A & P Show. Proceeds from their stall went towards the Maia Health Foundation's #save13minutes fundraising campaign to fund future-proofing Christchurch Hospital's new helipad. Thanks Team Oxford – every bit helps – and I know you battled a stiff breeze on Saturday while the 28 degree sun played havoc with the fudge! Your efforts were much appreciated. You can find more on the 13 minutes campaign at www.13minutes.co.nz

With less than two weeks to go, time is running out. If Maia can raise \$500,000 the Rata Foundation will match it and the health of everyone who needs to be choppered in for emergency care will benefit from a rooftop helipad.

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

Luke, Orderly, Christchurch Hospital

Please pass on my appreciation and best wishes to Luke. Christchurch Hospital should be very proud of such a considerate and respectful young man in their orderly team. While waiting in the main reception area I observed him on two occasions helping visitors and patients. He noticed a visitor lost and unsure of where to go, and very politely approached them and helped them find their way. He also helped a patient get ready to go home, checking they had everything they needed and were warm before he left them. The orderlies are an essential team for this hospital. Please keep up the great work.

Front desk, Radiology, Burwood Hospital

Very friendly and efficient. Definitely a pleasant experience all things considered. Thanks for making it easy.

Nurse Jo, Intensive Care Unit (ICU), Christchurch Hospital

Top compliments to Nurse Jo from the ICU team. Very nice, passionate and understanding human beings. Thank you and may you be guided to the best of everything.

Intensive Care Unit, Ward 10 and Ward 11, Christchurch Hospital

My stay here has been incredible. The doctors are awesome and nurses are great. The food was just like home or a restaurant. Tea people are friendly and having been in hospitality myself I feel and believe it's up with these standards.

MRI Scanning/Radiology, Burwood Hospital

Lovely professional caring staff, just like last time. I love being able to get a park at Burwood Hospital as well.

Ward 20, Christchurch Hospital

The care my daughter has received has been amazing, 10/10. She has been in Ward 20 for eight days now. The dedication of the Plastic's team, surgeons, consultants, registrars and nurses has been faultless. I would also like to include the Emergency Department staff and domestic staff. They are all professionals in their fields and have always spent time explaining what they were doing and why even though they were so busy. Referrals to other specialists for tests and scans etc all happened quickly. Can't thank them all enough. We came over from Nelson.

Oncology, Christchurch Hospital

Everyone has been fantastic thank you. Supportive, friendly, helpful and understanding. Thanks for everything.

Emily, Day Surgery, Christchurch Hospital

Thank you so much to all and Emily. Wow so lovely, nothing was a bother.

Giles, Physiotherapy, Christchurch Hospital

Big shout out to Giles my physiotherapist. Spent the last three months coming and seeing him weekly, and he always has a smile on his face, super friendly and always good stories to tell. Thank you.

Plastic Surgery, Burwood Hospital

Fabulous service again, thank you.

Julie, Emergency Department, Christchurch Hospital

Please pass on our thanks to Julie the triage nurse. She was wonderful, helpful and empathetic. My sister is pregnant and suffering from pelvic pain and Julie was calm and collected on a very busy Saturday night. You are all amazing! Thank you for all that you do.

Acute Medical Assessment Unit (AMAU) and orderlies, Christchurch Hospital

My mum was transferred from emergency to the AMAU ward by an orderly, I'm sure he said his name was Steve. He was so lovely to my Mum, he was polite and friendly and very caring and I would like to pass on my thanks to this man, he really made Mum calm and safe. The staff Tolson and Tasmin in AMAU were equally lovely and caring. Thank you.

Ward 17, Surgical Assessment and Review Area (SARA) and orderlies, Christchurch Hospital

Compliments to surgeons Meagan Thomson and Simon Richards and all the recovery team for being such an awesome team. Thank you to the nurses and doctors who cared for me in the SARA ward and Ward 17. Thank you also to the orderlies.

Convalescent Home, Rangiora Health Hub

I've found the staff and facilities to be the perfect transition from hospital to

home. The nice family atmosphere, along with engaging professional staff who have all been sociable and have helped normalise life after a major surgery. Thank you.

Birthing Unit, Christchurch Women's Hospital

I was overdue with my fourth child, a boy... had failure to progress in labour and our blood pressure dropped. The care I got was great... keep up the great work because you saved my baby and me.

Respite Care, Rangiora Health Hub

I have had a lovely time at this hospital. The staff have been wonderful and very helpful I feel very good to have been able to stay here for two weeks. The meals are also very good also. Thank you all.

Ward B1, Burwood Hospital

To all the doctors, nursing staff, plus all the other staff in B1. We would like to thank you all for the exceptional care and attention shown to ... on his stay in B1. What a great team.

Emergency Department (ED), Christchurch Hospital

I wish to thank and congratulate staff on my treatment (and I am experienced observer, having been in ED seven times in last three to four weeks, mainly for a blocked catheter). In particular I wish you to know, and the management also, the particularly excellent job a young junior doctor, Rachel McKenzie, did in 'trouble shooting' my problem, sticking with me from early on in admittance for what must have been about 8-10hrs, eliminating possibilities for my

condition... and following diagnosed heart problem back to early stages of my condition, liaising with Cardiology, and prescribing a treatment path. She was observant and thorough... Dr McKenzie thanks from me, you have a bright future, we are lucky to have you.

Community Dental Service

I would like to say thank you so much for the excellent service Glenda has provided for my granddaughter today. What a wonderful person providing a gentle, lovely touch. I am so impressed and grateful. Thank you Glenda. You are an asset.



The Library

["What does it mean when we call addiction a brain disorder?"](#) – over the last thirty years science had come to recognise that addiction is a chronic but treatable medical condition, helping researchers identify neurological abnormalities that can be targeted with therapeutic intervention, and reducing stigma. From *Scientific American*, published online: 23 March 2018.

["Kiwi research may change diabetes guidelines worldwide"](#) – a decade of research into treatment for hypoglycaemia (low blood sugar) has found that a weight-based approach is the best way to manage a hypoglycaemia event, most particularly for type 1 diabetes. This is in contrast to current international guidelines. From *HealthCentral.nz*, published online: 28 March 2018.

["Be brave"](#) – a grown up former child patient shares her perspective that being called brave made her feel it was wrong to cry or express her fear and moments of empathy – such as a health practitioner allowing her to rip heart monitoring stickers off his arm – offered far greater comfort. From *BMJ*, 28 March 2018.

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

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

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

Facilities Fast Facts

Acute Services building

On 7 April a 250-tonne crane will be on site at the Acute Services building to lift four large generators into the new building. Elsewhere on site, there is still some intumescent (fireproof) painting work to be done on the Lower Ground Floor near the Hagley Outpatients – there may be some smell associated with this work.

Moving in to the building is going to be an enormous undertaking. Already, behind the scenes, a lot of work is being done on migration planning for moving all supplies, equipment and staff into the new building, and orientation planning to ensure that all of the staff moving into the new building are able to find their way around the building and locate and operate equipment. Key work streams have been established to look at implementing lean just-in-time flows that minimise double handling. There is a Back-of-House work stream group for all matters relating to deliveries, waste, supplies etc., and a Ways of Working (WoW) workstream looking at how to declutter and streamline our work practices ahead of the move. Currently the WoW team is doing a stocktake of how paperlite our current processes are regarding clinical forms across all inpatient areas moving to the new building, and how we plan to reduce the amount of paper we use.

Park & Ride service

The latest figures for the Park & Ride service from Deans Ave to Christchurch Hospital show that we are now transporting more hospital patients and visitors than ever before.

2016 (January – December) – we recorded 229,000 passenger trips on the shuttle buses.

2017 (January – December) – we recorded 304,000 trips (up nearly 33 percent on 2016).

In 2018 we transported 52,000 people in January and February alone, which puts us on track for a record-breaking 330,000 passenger trips for the year if demand for the service continues at this rate.

Christchurch Outpatients

As the photo shows, the orange “eyebrow” detail on the western elevation of the building is now nearly finished. The stretch of Antigua Street that runs past the building will also reopen shortly.



Canterbury DHB staff recognised at University awards

An anaesthetist, ward clerk, emergency medicine specialist, and a surgeon were among those recognised at the University of Otago, Christchurch's recent Academic Welcome ceremony.

The ceremony is held to welcome new fourth year medical students and recognise excellence from the previous year. The campus recognises excellence in key values, as well as academic excellence, in students, University and Canterbury DHB staff. Awards were given to the following Canterbury DHB staff:

- › Anaesthetist Wayne Morriss was given a social accountability award for setting up a training programme on anaesthesia safety and pain management for Pacific Island doctors.
- › Emergency medicine specialist Mike Ardagh was awarded the Gold Medal in Teaching Excellence.
- › Nephrologist Suetonia Palmer was awarded a Gold Medicine for Research.
- › Cardiology ward clerk Jill Murphy was recognised for her contribution as a Canterbury DHB staff member to clinical teaching support.
- › Fourth and fifth year medical students recognised the following Canterbury DHB staff for their excellence in teaching: Sean MacPherson, Jeremy Simcock, Richard Geary, Phillip Bird, Maggie Meeks, Helen Abbott, Kirrolos Kamel, Lynette Murdoch, David Jardine and Paul Chin.



Anaesthetist Wayne Morriss is presented his social accountability award from University Deputy Dean Professor Vicky Cameron

April Falls is really about staying active and on your feet

As April is here it's time once again to focus on the importance of preventing patient harm by reducing the frequency and consequences of falls, in hospitals and in the community by raising awareness and getting people talking about falls.

People remember the 'April Falls' play on words, but it's really about the opposite of falls – which is staying active and on your feet. That fits perfectly with Canterbury DHB's vision, which is about supporting people to stay healthy and independent in their homes and communities for longer.

Canterbury has had an internationally acclaimed Community Falls Programme since 2012 and each year, like those who benefit from the programme, it goes from strength to strength.

Once someone who is believed to be at risk of falling has been referred to the programme, usually by a doctor, nurse or physiotherapist at the hospital or by one of their GP team, they are scheduled for an initial visit by a Falls Champion. They visit the person's home to assess and help eliminate home-based hazards – unsecured rugs or trailing cables, furniture in the way, making sure phones are handy and that lighting is adequate. After that initial visit, the Falls Champion will usually recommend individually tailored exercises to help build strength, balance and confidence.

In a sense the community falls programme is a victim of its own success, as there are always more people that

would benefit from it than the DHB can provide for. To help address this, a collaboration between ACC, the Health Quality and Safety Commission, the Ministry of Health and other health sector partners has come up with a great new prevention initiative to encourage over 65s to stay safely mobile – another way to prevent falls and fractures.

They are launching the '[Live Stronger for Longer](#)' movement – and calling it a movement is very apt.

'[Live Stronger for Longer](#)' is full of practical advice, information and resources for over 65s and those who care for them. Under the '[Find a strength and balance class near you](#)' tab, you'll find a list of classes available and how to sign-up to a local community strength and balance class nearby.

Classes include, for example, gentle exercise, Tai Chi, yoga or Pilates. Classes on the website all have the approved quality tick so people can be assured they are focusing on strength and balance and are run by reputable providers.

On '[Live Stronger for Longer](#)' there are contact details for Canterbury's coordinating agency, [Sport Canterbury](#). If there is nothing nearby just yet, they may be able to advise – or people can step up and volunteer to run a class.

For more information, visit '[Live Stronger for Longer](#)' or [HQSC – reducing harm from falls](#)



Breast Cancer “thrivers” win at Dragon Boat National Championship regatta

Canterbury DHB staff members, along with the rest of their team, picked up medals in the Breast Cancer Division of the National Dragon Boat Championships, held at Lake Hood, Ashburton, last weekend.

The Abreast of Life team from Christchurch is made up of 26 breast cancer survivors (or “thrivers” as they prefer to be known). They had an amazing weekend entering five race categories and securing three gold medals and two silver medals.

Coach Peter (PJ) Johnston says he is especially proud of the fact that the team of bold, brave, beautiful ladies all “have each other’s backs, and look out for one another”.

The medals won were for:

› **Standard Boat (22 persons)**

- Gold – 2km race
- Gold – 200m race
- Silver – 500m race

› **Small boat (12 persons)**

- Gold – 500m race
- Silver – 200m race

Co-captain Meri Gibson says the team are taking back control of their lives: “This dragon boating journey and competing is about all of us taking back control of our lives,

as you lose that when you are diagnosed.”

The Canterbury DHB team members are: Carleen Pocock, (Dental Assistant, Community Dental), Barbara-Ann Harper (Public Health Nurse, Burwood Hospital), Jo Russell (Registered Nurse, Orthopaedic Outpatients Department, Burwood Hospital), Pip Boleyn (Occupational Therapist, Burwood Hospital), Ali Taylor (PA, Christchurch Hospital), Jillian Broadbent (Medical Laboratory Scientist) and Carmel Hurley-Watts (Nurse Coordinator, Corporate Quality and Patient Safety).

The average age of the Abreast of Life team is 56 years, yet the team regularly finds themselves competing against Premier Women’s crews, and beating them, as happened recently at the South Island Championships.

Often these crews are much younger and can have women as young as 18 paddling in them.

In early July the team will be heading to Europe to paddle in the International Breast Cancer Paddlers Commission (IBCPC) Participatory Regatta to be held on the Arno River, Florence, Italy and then after a week’s break they will compete at the Club Crew World Championships (CCWC) in Szeged, Hungary having already qualified as New Zealand National Champions.



The winning Abreast of Life team

healthLearn flourishing as staff enjoy flexibility of online learning

Online learning is increasingly the place to go for learning and development, says Nurse Manager Professional Practice Development Janette Dallas.

healthLearn, the learning management system at Canterbury DHB, offers flexible online learning that can be completed in people's own time and accessed both at work and home.



"Staff now see this as the location to search for professional development opportunities and we have now moved most registrations for face-to-face courses onto healthLearn."

Around 200 people a day are accessing learning opportunities at healthLearn and almost three-quarters of people using it work in the Canterbury Health System. The development of learning courses occurs collaboratively across the South Island, and is shared widely around the New Zealand health system.

The quality and quantity of material provided is actively monitored and expanded based on best practice changes and development needs.

"Users may have noticed that there have been some improvements over the last year in the look and feel of the system and navigation, this is an ongoing process to improve the experience for all users," she says.

Membership facts:

- › 21,600 members with 200 per day accessing learning opportunities.
- › Staff from four South Island District Health Boards (DHBs), eight primary healthcare organisations, 27 aged residential care facilities and organisations such as the Department of Corrections have access.
- › 72 percent of access to healthLearn is by the Canterbury Health System staff (followed by 14 percent from the Southern DHB).

Learning Facts:

- › 335 learning opportunities for our staff, either online or face-to-face.
- › 30,714 courses were completed on healthLearn in 2017, a 63 percent increase from 2015.
- › About eight percent of our users access healthLearn on a smart device.
- › Busiest times are from 12pm to 3pm and steady after 8pm.
- › Requirements around corporate and clinical orientation drives many of the most accessed courses.

Outcomes:

- › 2071 staff completed the New Zealand Early Warning Score (NZEWS) during September 2017, a great example of education when and where you need it.
- › healthLearn provides easy access to courses that are required annually such as Five Moments of Hand Hygiene. Around 3000 staff completed the Five Moments of Hand Hygiene course in 2017. Course renewal reminders are sent to staff (and their managers) four months before the course completion is due.
- › Ninety percent of staff who did the Falls Prevention course on healthLearn either agree or strongly agree that they will see positive improvements in their practice and they will apply what they have learned.

Student health challenge offers solutions for the future

Solving some of the big problems facing the health sector was the mammoth task inspiring university students over a two-day competition, with several Canterbury Health System staff at hand to advise.

The 48-Hour Health Challenge was run in partnership with The Health Precinct Advisory Council and hosted at Canterbury DHB's Design Lab on 24-25 March.

Council members and DHB staff Interim Chief Digital Officer Stella Ward, Medical Microbiologist David Murdoch, Surgeon Saxon Connor and Diabetes Physician Helen Lunt helped set the challenges for teams to solve based on real world issues likely to evolve over the next ten years and acted as mentors alongside others from across the health system.

Saxon, who helped the technology group that eventually placed second, says, "The young people's ideas were really good. They came from multiple disciplines – engineers, medical students, data scientists, computer science students – so they're not yet moulded by the current health system and they bring their fresh ideas and life experience from outside health."

On Sunday evening, each team pitched their concepts to a judging panel of industry experts and professionals, with cash prizes on the line for the top three. The judges evaluated the innovativeness of the concept, the strength of the presentation and the potential for the idea to impact the future of healthcare in determining the winners.

The top placing "solutions" included a database able to 'read in' information from all current databases without needing to modify or update current information sources; a culturally responsive, virtual nurse ready to answer medical questions, keep everyone informed of progress, and discover patient specific information relevant to discharge and recovery; and 'Pocket-Doc', which integrates data from multiple sources and repeatedly 'nudges' patients to change their behaviour to improve their health.



The 48-Hour Health Challenge 2018 students, judges, mentors and staff

Mammoth stroke cycle mission accomplished

Julie Milne is enjoying a much needed rest after successfully accomplishing her mission to bike the length of New Zealand for stroke awareness.

"I want to publicly thank my incredible support team," Julie says.

That included her husband Ian and friend Gerry Galbraith.

"There were times that it couldn't have been easy. The trip was uniquely challenging but there was always this quiet unassuming support that always got me through."

Julie, a Hillmorton Hospital Librarian, began her epic "Tour de Stroke" in Bluff and finished in Cape Reinga six weeks later. She and her support team wore yellow as it is the same colour as the Tour de France winners' colour.

On one of the last stretches, from Kaitaia to Waitiki Landing (23km from her destination of Cape Reinga) she encountered very heavy rain. There were times that it flooded the road and Julie had no option but to cycle through it.

"I concentrated hard as the wake from the car tyres travelling towards me made this difficult but I wanted to finish," she says.

"I thought it could rain on the West Coast of the South Island but I've never been in rain like the rain from Kaitaia. Boy it can teem."

Her daughter met up with her around this time and couldn't believe she was cycling in the conditions.

"I started the next leg with rain water across the whole road, my wheels spraying the road. I had to concentrate as the water came over my feet as I pedalled my way through. Never had I done this so consistently before. Another first."

As a child Julie was told by doctors she would have to spend her life in an institution after two debilitating strokes at the age of six. One of the strokes left her in a coma for months.

Her parents were told she wouldn't be able to hold down a job, get married or have children. Despite discrimination and challenges she is married with two children and has a Master's degree in Information and Library Studies.

Julie says she is living proof that people who have had a stroke are still capable of achieving and living full lives with success and purpose.



Julie Milne at Cape Reinga

Team building a boost for child patients

A company's team building exercise in Christchurch has resulted in a generous donation to assist our youngest acute patients.

Ravensdown's marketing division raised \$1500 by achieving set tasks around the central city. Each task they completed earned points that the company then transferred into donation dollars.

The money will go to producing Play with a Purpose packs, which are given out to children who present to the Children's Acute Assessment Unit at Christchurch Hospital.

Charge Nurse Manager Warren Nairn says when children are in hospital the opportunity to play is familiar and therefore comforting, and play also helps to reduce frustration and anxiety.

The packs are age appropriate and can contain bubbles, play dough, stickers, books and crayons.

Ravensdown Marketing Manager Phil Power says he recently became aware that Play with a Purpose was in need of funds and the company was keen to step in and provide interim support so production of the packs could continue.

He says the marketing team wanted to use their team building day to "do some good" in the community.

Warren Nairn says Play with a Purpose is now looking for a chief sponsor to secure the programme's future.



Ravensdown Group Marketing Manager Phil Power (R) presents a pledge for \$1500 to Warren Nairn, Charge Nurse Manager CAA Unit

One minute with... Sandy Brinsdon, Team Leader, Health in All Policies, Community & Public Health

What does your job involve?

Our team works with organisations across Canterbury to help them impact positively on health and wellbeing, even if this opportunity is not immediately obvious to them. This requires strong trusting relationships with regional and local councils. The settings we live in have a big impact on our life. The opportunities for good health outcomes are not consistent across the population, our job is to reduce inequity by reducing barriers. Can we walk and cycle places, is it easy to interact within our communities, is our housing of good quality etc. The starting point for much of this work is decisions organisations make in high level planning documents. We ensure all the factors that impact on positive health and wellbeing are part of decision making.

Why did you choose to work in this field?

Like most in public health we want to make a difference to the lives of the communities around us. I started off with a nutrition degree but instead of heading down individual solutions I got drawn to the wider determinates of health and wellbeing.

What do you like about it?

I love the collaborative nature of working across many professions and sectors, none of it can be done by yourself. I also love learning and one thing in this role is constantly learning the language and drivers of other organisations.

What are the challenging bits?

Negotiating internal organisational systems can make collaboration hard. Competing priorities and helping people to understand the health impacts of their decision making when they are already faced with multiple challenges.

Who inspires you?

Everyone working in public health. It can be a really difficult task being the voice that keeps saying "but why did that happen?" and "have we thought of all the consequences"? It's a long road in public health but a very worthwhile one.

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?

You have to model care and respect to gain it. Integrity is key or people will not continue to engage with you and ultimately this is about getting agreed and shared responsibility for some big community outcomes.



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

I enjoyed *The Glass Castle* an honest family tale, providing a unique perspective of a very challenging upbringing.

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

With my camera on a safari in Africa or a cruise around Antarctica.

What do you do on a typical Sunday?

Load up the truck with camping and camera gear, then head off with my husband to explore an out of the way part of Canterbury to collect more shots for my website www.TheAfterWorkPhotographer.com

One food I really like is...

I'm am a bit of a salad fan but ham off the bone and pork spare ribs remain a hot favourite.

My favourite music is...

The Corrs, Fleetwood Mac and I'm rather partial to the bagpipes played by my daughter.

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

Flu clinics start next week!

Influenza is a serious and sometimes fatal illness that can put significant pressure on our communities and our health system.

This season's flu strain in the Northern Hemisphere has been the most severe in over a decade, making protecting yourself against the flu even more important. Getting your 'flu shot' every year is your best protection.

Canterbury DHB provides free flu vaccinations to support our people to be and stay well and provide the best possible care for our community. To get your free vaccine you can either attend a clinic or contact an authorised vaccinator in your work area.

Clinics start next Monday at the Great Escape Café (9.30am – 3.30pm) and the Ashburton Hospital Outpatients Department (10.00 – 11.00am). For a full list of this year's staff flu vaccination clinics, and for a list of authorised vaccinators, go to the [Flu page](#) on the intranet.



Cath Pink:
Flu Fighter

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

Canterbury District Health Board
Te Pori | Hauora o Wairarapa



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 Pori | Hauora o Wairarapa

 **#carearoundtheclock**

The GoodSAM app now available in New Zealand

The GoodSAM (Good Smartphone Activated Medics) app is now available in New Zealand, supported by St John, Wellington Free Ambulance and the National Cardiac Network. Imagine you were off-duty and someone near to you suffered a cardiac arrest. You were in a position to respond and help, but just needed to be alerted. Wouldn't you want to know? Well, now you can.

The GoodSAM app

The GoodSAM app is a free app that alerts people that a patient suspected to be in cardiac arrest is nearby, allowing them to possibly save a life by providing CPR and using an AED (if available) prior to emergency services arriving.

The app was developed in the United Kingdom and has been implemented by a number of ambulance services around the world.

How the app works

People who know how to perform CPR and use an AED, and who are prepared to voluntarily respond to a patient suspected to be in cardiac arrest, are able to register as a 'responder' on the website and download the app on their phone.

If a GoodSAM responder is within 1000 metres of a suspected cardiac arrest they will receive an alert via their phone giving them the opportunity to respond. The app also shows responders the location of the incident and the known closest AEDs.

The more people who download the app, the more coverage we will achieve across New Zealand and the more likely we are to improve outcomes from cardiac arrest.

Visit www.goodsamapp.org to register as a responder.

How to use GoodSAM

RESPONDER



If you are trained in CPR and how to use an AED you can register as a responder and be alerted to cardiac arrests close by, enabling lifesaving CPR and defibrillation prior to ambulance arrival.

- 1 **REGISTER AND LOG IN**
Go to www.goodsamapp.org and register as a responder.
- 2 **DOWNLOAD THE RESPONDER APP**
Once you have received the verification email, download the responder app.
- 3 **CREATE YOUR PROFILE AND RUN A SIMULATION**
Read the Code of Conduct and familiarise yourself with how the app works.
- 4 **WHEN ALERTED YOU'LL HEAR A SIREN**
Accept the alert if you are able to respond. Follow the map to guide you to the patient. Collect an AED (on map) if possible.
- 5 **IF PATIENT IN CARDIAC ARREST START CPR AND USE AED IF AVAILABLE**
Introduce yourself: "My name is and I have been alerted to an emergency here while the ambulance is on its way."



**YOU HAVE GIVEN THE PATIENT THE
BEST CHANCE OF SURVIVAL**

stjohn.org.nz/goodsam

We'll get by with a little HELL(p) from our friends!

Māia Health Foundation's 13 Minutes campaign has passed the halfway mark, with over \$260,000 in donations! There's less than two weeks to go to get to the \$500,000 target for a future-proofed rooftop helipad and clinical support unit at Christchurch Hospital.

In the final leg of the campaign, Māia have called on their friends for a little help. Hell Pizza want to help get you get emergency hospital care 13 minutes quicker by donating \$2 from every pizza to our rooftop helipad. That's really \$4 when you think about it as Rātā Foundation will match it dollar for dollar.

Use the code HELIPAD when ordering online at hellpizza.com from 29 March – 12 April. Valid at Christchurch stores only.

Alternatively, donate big or small before 14 April at www.13minutes.co.nz

Get to hospital
13 minutes quicker.
Help fund our rooftop
helipad now.

Donate today
13minutes.co.nz
#save13minutes

Māia Health Foundation

Dr Nicola Austin
Neonatal Paediatrician

Canterbury Grand Round

Friday, 6 April 2018 – 12.15pm to 1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker 1: Prashant Sharma, Colorectal and General Surgery – "The Optimistic Surgeon"

Challenging binary thinking in surgery.

Speaker 2: Richard Storey, Orthopaedics – "Spinal cord injury and Christchurch Hospital"

Christchurch and Burwood hospital have an integral role in a nationwide approach to minimising the neurological deficit following spinal cord injury. This talk presents and discusses the progress and challenges of traumatic spinal cord management.

Chair: Iain Ward

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

This talk will be uploaded to the staff intranet within approximately two weeks

Video Conference set up in:

- › Burwood Meeting Room 2.3b
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge
- › Pegasus, Room 1.02

All staff and students welcome

Next is – Friday, 13 April 2018

Rolleston Lecture Theatre

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

University of Otago, Christchurch

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FOR FURTHER INFORMATION, PLEASE CONTACT:

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

otago.ac.nz/publichealth