



Managing change and reducing stress

This week I would like to share an article published in the latest edition of *Hot Tips*, the Child Health Nurse Educator team's newsletter, Nurse Educator Emma Densem shares some thoughts on how to cope well with change.

I thought her article provided sensible advice for anyone feeling anxious about change – and she's showing leadership by providing this information and food for thought for her colleagues.

Given the amount of change we have planned and underway, I hope you find this useful.

"In contemplating the topic of change I came across this quote," Emma says: "The secret to change is to focus all your energy not on fighting the old but on building the new" – Dan Millman (an American author and lecturer in the personal development field).

"Sometimes easier said than done, of course. Change can be difficult. It can be scary and affronting. Some changes are sudden, while others are more gradual," Emma says.

However, change can also be exciting and refreshing and necessary.

Health always has and always will be an area that sees constant change and development, as our target populations evolve, technology advances and evidence-based practice improves.

"Those who have been in the game longer than me will have seen monumental changes over their career and it has not stopped."

From new staff always coming and going to the implementation of new technology in all areas of our practice, to an entirely new building and way of working come 2019, we are faced with changes on what feels like a daily basis.

Although change is inevitable, how we approach and manage change is not. We cannot prevent change, but we can choose how we think, act and encourage others to react to them. One way in which we can all take an active step in managing these changes is through taking steps to reduce our own stress and responses.

Some stress is good, healthy even, it keeps us aiming high and working hard. It helps us to recognise situations for which we should feel on high alert. However stress, particularly chronic stress, can lead to a great variety of poorer health outcomes, irritability and mental health concerns.

"Stress results in the use of more sick leave and a higher staff turnover, which in turn perpetuates the growing stress in the workplace."

Whether through exercise, eating right, faith, a good night's sleep, deep breathing and mindfulness, time with friends or a good laugh in the midst of a busy shift, we all need to find ways to manage our stress and deal with change effectively.

"Different changes and stresses illicit different responses from each person and we need to recognise this in our workmates."

By recognising these situations, actively listening and learning to understand what might be causing them to be stressed and what we can do to help ease this stress, we will learn how to better manage the changes coming our way.

Sometimes others are able to see things more objectively and talking about what we are finding difficult can help share and ease the stressful change process.

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Thanks Emma – that was nicely put. I would also encourage anyone feeling a bit down to try the Five Ways to Wellbeing – a proven way to improve your own wellbeing. It's not rocket science, but it does take a concerted effort and focus. And there's plenty of evidence to support the effectiveness of the Five Ways programme.

A quick reminder about our [Employee Assistance Programme](#) (EAP) and [Workplace Support](#) which both offer free, confidential counselling. You can contact them directly by using the links above and make a time to talk.

Five Ways to wellbeing at work toolkit

The Mental Health Foundation has fantastic resources to make it easy for teams to work together, in fun ways, on their own wellbeing. As things are getting chillier, there's plenty you can do indoors too. Check out the [toolkit](#)

Try and tick off the Five Ways this week!



Be prepared for cold, snowy, rainy weather due to hit Canterbury from tonight

Think ahead, make plans and be prepared. It's time to bring out the winter woollies, cover the frost-tender plants, get the firewood in, tie down the trampoline, put away lightweight items, fill up your bbq gas bottle (in case of power cuts) and if you live in a high country, hilly or rural area, think about the logistics of getting to work if the forecast snow eventuates.

The latest forecast sees us hitting single digit highs! That's quite a come down from our 28 degrees over Easter.

If you're planning to travel for work, check the [forecast](#) and latest [road warnings](#) before you set off. Driving may be hazardous for high-sided vehicles and motorcycles. Snow is currently forecast for all the passes, with heavy snow for the Canterbury High Country, Kaikoura ranges, with some snow possible on the Port Hills and hill areas of Banks Peninsula.

All the passes are likely to be affected by snow with Arthurs Pass likely to be hit from 7pm tonight with up to 50cm of snow near the summit and lesser amounts down to 400 metres. If you're planning to travel to the Coast, you may want to re-schedule.

Civil Defence's [Get Ready, Get Through](#) website has some handy check-lists.

As health is an essential service, you are expected to turn up for work as long as you can do so safely. If adverse weather conditions and road closures make this difficult, please let your manager know. Make sure you have your manager's mobile number so you can call if you have any problems getting in to work.

You can also find some useful advice for travelling to work safely in severe weather [here online](#).

Remember to check on neighbours, particularly those who are elderly and live alone. Now's the time to check you have batteries in your torches and transistor radio and check that your emergency kit is fully stocked.

Haere ora, haere pai

Go with wellness, go with care

A handwritten signature in black ink, appearing to read "David Meates".

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

Radiotherapy/Oncology, Christchurch Hospital

I just want to say how impressed I have been with all the staff in the above departments – receptionists, volunteers, nurses, radiographers, nurses in the Oncology Day Ward and the doctors. I have been supporting a friend having treatment and I am a specialist from Auckland. I have been so impressed with the attributes of staff – friendly, helpful, concerned, empathetic and huge professionalism. Well done, it made me proud to be a healthcare professional. Thank you.

Ward 24, Christchurch Hospital

We wish to thank you for your most professional, efficient, caring and cheerful medical service and care rendered to my loved one during his stay in Christchurch Hospital. Thanks you Dr Val Fletcher, Dr Matt Doogue and Dr Richard Brooms. I would also like to thank the physiotherapy and occupational therapists Shona and Kathie and the nurses Shannon, Maree and many more. Christchurch Hospital should be proud of you.

Emergency Department, Christchurch Hospital

Thank you very much for the excellent care and medical treatment. The process was quick and prompt. It was the right decision to attend the Emergency Department due to the nature of my injury and the severity of the pain. The doctors were good and did everything to fix the problem.

Food Services, Christchurch Hospital

Food was amazing – thank you! No one should ever complain about hospital food like this! Well done.

Ward 27, Christchurch Hospital

Thank you so much for being so kind and lovely and taking great care of me while I was in hospital. You made me feel safe and comfortable. I really do appreciate all the hard work you do. Cleaners, cooks, nurses, students and everyone. Thank you once again.

Ryan, Emergency Department, Christchurch Hospital

Wanting to acknowledge Ryan the nurse ... for taking great care of me. Need more nurses like him. Thank you so much for your kindness.

Bone Marrow Transplant Unit, Christchurch Hospital

My compliments go out to all staff, from the cleaners to the specialists, for their care and dedication. They were wonderful.

Dietitian and Christchurch Women's Outpatient Reception

The dietitian Michelle was really accommodating and helpful, thank you. Also the receptionist at the Christchurch Women's Outpatients was really helpful as well... thanks all.

Radiology Department, Christchurch Hospital

Friendly prompt service at the Radiology Department this morning, thank you.

Oncology, Christchurch Hospital

The oncology treatment staff are amazing. Personable and friendly.

Plastic Outpatients, Christchurch Hospital

Thanks to all the staff of the Plastic Outpatients team. Nurses, receptionists and doctors, all have been great to me. I am smiling again and even if I am leaving with a huge scar, it has been treated with excellent care. Shout out to my Peta.

Intensive Care Unit (ICU) South, Christchurch Hospital

I would like to say how amazing all the staff have been on the ICU. The care and attention you have given my loved one, I can't thank you enough.

Hagley Outpatients, Christchurch Hospital

Very friendly and efficient registrar doctor, blood test was pain free and nurse was friendly.

Ward 27, Christchurch Hospital

To all the wonderful staff, doctors and nurses who have looked after my darling, and who made our wedding day so special. Thank you, thank you, thank you. Much love and appreciation.

Surgical Assessment and Review Area, Christchurch Hospital

Thank you Dr Tess, Dr Ingrid, Kiara and Kate for looking after me. I am away from family and your help, support and care mattered a lot.

Ward 27, Christchurch Hospital

Nurses are the backbone of the patient care. They are very efficient and caring.

Birthing Suite and Maternity, Christchurch Women's Hospital

Thank you guys so much for the outstanding care and service you have provided us! We will never forget the experience we had at Christchurch Women's with our first baby. Hands down the best hospital ever!

Emergency Department, Acute Medical Assessment Unit (AMAU), Ward 16, and Ward 23, Christchurch Hospital

I am 75 years old and I haven't been in hospital since the age of seven. I found the service to be top notch, everyone was professional and very supportive and the reassuring made feel at ease as I have never been in hospital apart from having my children. This was a new experience and I did feel very anxious but the staff made me less anxious. This started right from

entering Emergency to being admitted, also with having various scans, x-rays, the works. I would like to compliment the nursing staff especially Nurse Rose, Nurse Brooke and her trainee Nurse John, as they went that extra mile. Also the night nurse staff were exceptional. I really want to commend the service I had.

Intensive Care Unit (ICU) South, Christchurch Hospital

This poem was written by a recently discharged ICU patient in gratitude for the care given.

I see you,

Before I close my eyes, you fixed my broken heart

And made my pressure rise.

I see you,

When I woke up from my op, you tended all my needs

The monitoring did not stop.

I see you,

The colour of hazy blue, a caring hand and a soothing voice

Sorry if I'm not the same to you.

I see you,

Watching all the screens and attending all the beeping

While all the time I lay in bed and carried on sleeping.

I see you,

As guardians of the night, you do 12 hours at a time

And still your smiles are bright.

I see you,

When I leave this place of hope,

Tear out these tubes unplug the wires to send me on my way,

I thank you for all your time and love.

That's all I want to say.



The Library

["Night shift research confirms larks and owls"](#) – Australian research into shift-working doctors and nurses' body clock responses indicates that people need personalised approaches to improve sleep-wake cycles based on whether they are morning or evening people. From *HealthCentral.nz*, published online: 3 April 2018.

["New antibiotics' family may be on way, indicates study"](#) – a new family of antibiotics were able to kill most methicillin-resistant staphylococcus aureus (MRSA) bacteria cells in mice. With antimicrobial resistance a huge threat to health globally, new antibiotics are urgently needed. From *HealthCentral.nz*, published online: 29 March 2018.

["Brain-stimulation trials get personal to lift depression"](#) – neuroscientists in Melbourne are conducting one of the first trials to use electrodes on people's scalps, both to monitor their brain activity and to provide customized electrical stimulation. The hope is it will offer a better, more personalised stimulation technique to correct abnormal brain patterns in mood disorders. From *Nature*, published online: 4 April 2018.

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

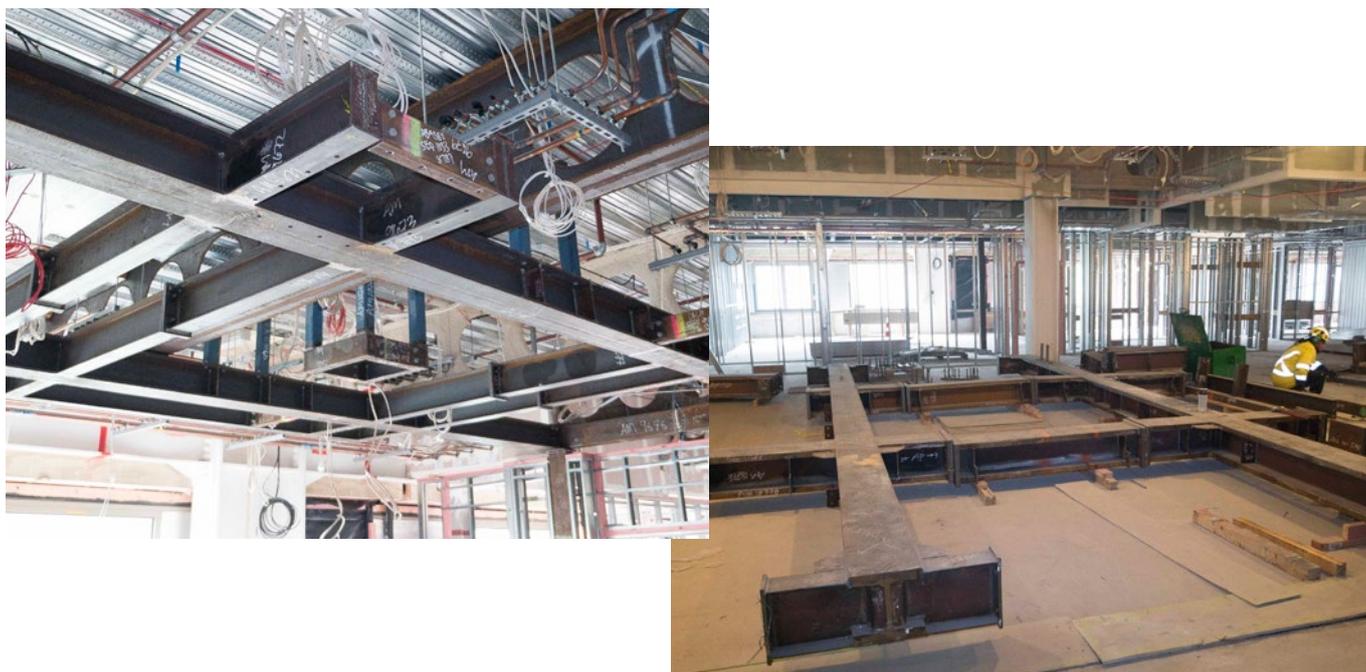
To learn more about the-real life library for Canterbury DHB:

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

Facilities Fast Facts

Acute Services building

The photos below show the steel work that is being put in place to support two of the specialist operating theatres on Level 1 of the podium. One will be operating as a hybrid theatre from when the acute services building opens, while the second is being kitted out to be a hybrid operating theatre, but will have the equipment fitted at a later date.



Christchurch Outpatients

This view from the Health Research Education Facility (HREF) shows the work underway on the Antigua Street and Oxford Terrace intersection between the HREF and Christchurch Outpatients.

The Antigua Street portion is expected to be completed this week. A roundabout at the intersection of Oxford Terrace, Antigua Street and the hospital entrance is expected to be in place by the end of May. Oxford Terrace, from Riccarton Avenue to Antigua Street, which will be known once construction is finished as the Oxford Gap, will remain accessible to the public, vehicles, cyclists and pedestrians until around the beginning of May when work will start on the north side of road.



Helping unlock Allied Health workforce potential

A Canterbury DHB physiotherapist is one of the first two Allied Health leaders in the country to be accredited as a certified Calderdale Framework practitioner.

The Calderdale Framework (CF) is a clinically-led workforce development tool to facilitate a 'best for patient, best for system' approach. It provides opportunities to standardise patient care and achieve service efficiencies.

Canterbury DHB Team Leader (Community) Physiotherapist Vicki Prout and Director of Allied Health, Nelson Marlborough DHB, Hilary Exton, recently completed their training with the UK-based Calderdale Framework founders.

The South Island Directors of Allied Health support the implementation of the Calderdale Framework as a means of developing a more flexible and competent allied health workforce for the South Island health system – in primary care, secondary care and community health care.

Vicki and Hilary will have a key role in building the capacity and sustainability of the Allied Health workforce, by training facilitators to lead workforce redesign projects in their own DHBs.

"This is really positive as it means we can train our own facilitators going forward, so we are not so reliant on the UK founders," Hilary says.

"It ensures sustainability and we can now start to develop and strengthen our own network of facilitators across the South Island."

Since beginning their practitioner training, Vicki and Hilary have trained one South Island cohort of Calderdale Framework facilitators under supervision. They have also begun training a cohort of facilitators for Central Region.

It's been a rewarding journey, Vicki says.



From left, Director of Allied Health Nelson Marlborough DHB Hilary Exton, Canterbury Executive Director of Allied Health, Stella Ward, Team Leader (Community) Physiotherapist, Canterbury DHB Vicki Prout, and Allied Health Facilitator and Project Manager for the South Island Alliance's Workforce Development Hub Anne Buckley.

"Seeing everything come to fruition is really pleasing and it's great to see all five DHBs involved in the implementation of the framework so we can make positive change through skill sharing and delegation, in order to meet the demands of health care."

The Calderdale Framework was developed out of clinical need 10 years ago by Jayne Duffy and Rachael Smith of Effective Workforce Solutions UK, who say they are delighted to have Vicki and Hilary as the first Calderdale Framework practitioners in New Zealand.

"As Allied Health professionals ourselves, we know that our unique skill sets offer an amazing contribution to health care and problem solving abilities," Jayne says.

The South Island Calderdale Framework implementation is part of a broad strategy by the South Island Directors of Allied Health to address future workforce needs by developing a more flexible and competent Allied Health scientific and technical workforce. It assists in developing the skills and capacity of the unregulated (Kaiāwhina) workforce to allow their appropriate engagement in specific, delegated clinical tasks. It also supports Allied Health professionals to work to top of scope and inter-professionally, to optimise clinical service provision.

Burwood at the leading edge of falls prevention

'Patient at a glance' bedside boards at Burwood Hospital are helping staff and patients focus on reducing falls.

The boards were introduced to Burwood Hospital in 2016 as part of the visual cues project to encourage conversations about risk assessment and safe mobility.

Work on what information the boards should contain, how they should be presented and the language that should be used began in 2015, prior to the migration of The Princess Margaret Hospital Older Persons Health and Rehabilitation (OPH&R) inpatient wards to the Burwood site.

Staff and consumer input was sought, followed by a series of trials and evaluations.

The final outcome was strongly influenced by the Consumer Council. They successfully argued that the patient and their visitors had a role to play in ensuring the information was correct and up-to-date – so the boards needed to be clear and easy to understand to all, not just staff.

The aim of the boards was that information needed to keep the patient safe could be seen 'at a glance'. For example, whether the patient was at risk of falling and the level of assistance they require to safely mobilise – including going to the bathroom.

Other useful information is also included, such as what their dietary needs are and whether they have hearing or vision impairment or other communication needs. The date the patient is expected to leave Burwood Hospital is also clearly stated, which helps prepare both the patient and their families for discharge.

Each shift the incoming nurse writes their name on the board and patients/families are encouraged to write any special requirements they might have.

The boards are used at morning to afternoon change of nursing shift when patients are invited to participate in a bedside handover, another opportunity for them to be involved in their care.

Within Burwood Hospital the boards have been adapted to meet the specific needs of patient groups. For instance, the boards in Older Persons Health are different to those used in the Orthopaedic Surgical, Older Persons Mental Health and Spinal Unit services.

Recent audits in Older Persons Health wards at Burwood Hospital showed that the boards are being updated and the information on them is correct. Patients and their families/whānau were also interviewed and most indicated they like both the boards and the concept of bedside handover as effective ways of keeping them safe.



RN Trudi Smith discusses a bedside board with a patient



Campaign for helipad boosted by Canterbury Orthopaedic Services Charitable Trust

Māia Health Foundation's #save13minutes campaign to future-proof Christchurch Hospital's new helipad received an amazing boost last week.

A group of Canterbury clinicians have chosen to give back to the Canterbury Health System because they know how much this asset is needed for the community.

Canterbury Orthopaedic Services Charitable Trust has generously given \$150,000 toward the rooftop helipad and clinical support unit - this is one of the most significant gifts to the campaign to date.

It's heartening to see a group from within the Canterbury Health System show such significant support for this community asset. The group of orthopaedic surgeons truly understand the difference getting their hands on trauma patients 13 minutes quicker will make.

With five days to go, Māia is so close to the \$500,000 target. Don't miss out on being part of bringing the future proof rooftop helipad our Hospital. Donate today 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



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 Pahi Hauora o Waitaha

#carearoundtheclock

Fourth quarter in a row above Hand Hygiene target

For the fourth consecutive audit period that ended on 31 March, Canterbury DHB met the 80 percent Hand Hygiene target, achieving 81.1 percent overall.

The target measures hand hygiene compliance in accordance with the World Health Organization's '5 Moments of Hand Hygiene'.

"Well done! While slightly behind the national average, we are showing signs of sustaining the improvement," says Director Quality and Patient Safety Susan Wood.

To their great credit the results for Women and Children's (90.4 percent) and Ashburton and Rural Hospitals (87.4 percent) are significantly higher than both our overall average and the national average – so especially well done to them.

Other areas participating in the Canterbury DHB audit that achieved 80 percent are Oncology, Acute Renal Dialysis, the Bone Marrow Transplant Unit, Oncology Day Unit, Peri-op Pre-op, Sexual Health, Urology and Wards 11, 15, 18, 19, 20, and 25 – all are above target. Burwood Hospital Wards CG, GG and HG also stand out.

All clinical areas are to be in the National Hand Hygiene Programme by the end of 2018 and the target will stay at 80 percent.

The World Health Organization Hand Hygiene Campaign Day is 5 May and Canterbury DHB will heighten local activity for the whole month. The theme for 2018 is 'Sepsis' – "It's in your HANDS, prevent Sepsis in Healthcare".



IT'S IN YOUR HANDS

PREVENT SEPSIS IN HEALTH CARE

#HandHygiene #Sepsis

CLICK HERE

World Health Organization **SAVE LIVES CLEAN YOUR HANDS**

Inspirational nurse retires after 40-plus year career

In Christchurch's 1992 'Big Snow' Registered Nurse Marianne Scott was one of the nurses who made it across town.

She dragged her sons out of bed and got them to take an engine out of a car being fixed by her husband and put it into the boot of her own car to give it better traction.

Marianne arrived safely at Burwood Hospital, on time, to work.

Then in the days after the Canterbury earthquakes she organised her husband and his 4WD vehicle to pick up and drop off Ward 19 nurses for each shift. Staff who have worked with Marianne say these are typical examples of her resourcefulness and dedication and it's been a privilege to work with her.

Marianne has retired after a career spanning over 40 years. She began her training in 1961 at The Princess Margaret Hospital (TPMH). It had been open just 16 months and Marianne was in one of the early Christchurch School of Nursing intakes.

After graduation she married and had five children.

In 1976 she went back to work, doing night shift at St John of God Hospital. She returned to nursing at TPMH in 1980 and had six years there followed by a year at Ashburton Hospital. Marianne began work at the Burwood Spinal Unit in the late 1980s. She left the unit after 15 years, moving to Ward 19, Christchurch Hospital, where she remained.

When the 'chips were down' Marianne would step in and take charge in her calm, assertive way, says Registered Nurse, Information Services Group Helen Munro.

"She is always generous in sharing her knowledge, ready to teach anyone, patients, family or staff.

"Marianne went 'above and beyond' assisting families of overseas Spinal Unit patients by taking them on a day trips around Banks Peninsula or to her home for a meal. This eased their stress, and gave them much needed time out and 'a sense of normal,'" Helen says.

Marianne is well known for writing poetry and telling a story with plenty of 'tongue in cheek' humour. Most of the patients in the Spinal Unit knew of the 'grandmother' nurse who was known to occasionally skate up and down the corridors, encouraging fun and laughter.

Marianne undertook two overseas missions with the Red Cross to care for spinal patients after earthquakes hit Armenia.

"It gave me great empathy for them and made me realise how lucky we are in New Zealand," she says.

An excellent baker, Marianne often brought baking to work, including her superb carrot cake. She taught many of her colleagues how to bottle fruit, sharing produce from her bountiful vegetable garden.

Ward 19 Charge Nurse Manager Karen Wilson says she admires Marianne's dedication and the positive influence she had on Ward 19.

"I wish her all the very best for her retirement".

Nursing is a way of life and very rewarding, Marianne says. "You get out of it what you put into it. I have enjoyed being part of the nursing community."



From left, Marianne Scott and Karen Wilson, Charge Nurse Manager, Ward 19



From left, Staff Nurse Na Yan wearing Marianne Scott's old training uniform, and Marianne Scott

Improving health services through the consumer voice

The consumer voice is an invaluable part of health care planning.

By providing feedback on what's working and what needs to be improved from a patient point-of-view, the consumer experience of the health system ensures services are efficient, effective and person-centred.

To help shape and improve health services in the South Island, consumer members contribute to a range of different health committees and groups across the sector.

Christchurch woman Marj Allan has been sharing her journey within the health system for many years, following a cancer diagnosis.

"After my recovery, I wanted to give something back to the system, so I became a consumer voice for cancer. At the time I was living remotely on the West Coast, so I had a different perspective to share and I could see how important it was for cancer patients in the community to be supported, particularly older people or those who don't have family around them," she says.



Marj Allan

Believing she still had a lot more to offer, Marj joined the South Island Palliative Care Workstream (PCW) as a consumer member in 2014. Operating under the South Island Alliance framework, this group comprises clinical leaders and palliative care service providers, and is committed to improving the quality of palliative care services across the South Island.

Marj represents a collective consumer voice and is involved in a range of projects, initiatives, and activities relevant to the work of the PCW group. She is also Chair of the South Island Cancer Consumer Group, which provides a link between the two groups.

"It's been a real honour to be a part of this group, and fantastic to see how it's evolved from when it was established to where it is today," she says.

Being a consumer voice is about listening to and incorporating the views and priorities of consumers, says Chair of the South Island Palliative Care Workstream and Consultant Physician in Palliative Medicine Kate Grundy.

"It is so important for us as a workstream to really listen to the consumer, as everything we do should be with the patient at the centre. They are the window into what it's like to be on the receiving end of care."

Consumer members for palliative care and hospice generally have had experience in palliative care with a loved one, have been a carer themselves, or have been involved as a volunteer in a community setting, she says.

"People come into it in various ways, but the one thing they really need is to have the confidence to speak up. As chair, I must provide a safe place for them to share and question," Kate says.

Marj's three-year term as the consumer member of the PCW has come to an end, so the group is looking for a new member. If you are interested in applying for the role, visit the PCW page on the South Island Alliance website for more information and an application form.

One minute with... Hypatia Stacy-Baynes, South Island Patient Information Care System (SI PICS) Communications Lead

What does your job involve?

I work in a project team that is helping to introduce the new South Island Patient Information Care System (SI PICS) to Canterbury DHB. It's going to be a bit of a change for staff so my job is to raise the profile of the system and to make sure that we're engaging people across the organisation.

Why did you choose to work in this field?

Communications felt like a natural progression from my publishing studies where I was doing a lot of writing, editing and promotion. I was also drawn in by the strategy side of communications.

What do you like about it?

There's so much variety in communications – there's always something different to work on and I get to be creative. The SI PICS project has been a great opportunity, too. It's one of the biggest health IT developments in New Zealand for more than a decade – exciting stuff!

What are the challenging bits?

There are a few. In projects like SI PICS, one of my main challenges is to translate the technical information that we need to give staff. I'm not a super 'techy' person myself so I know the importance of plain language.

Who inspires you?

I've worked in the health industry for a while now – it's not hard to find inspiring people there. It's always humbling to hear from staff who are very dedicated to caring for others.

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?

The DHB's values are in tune with my own. People are at the centre of my work, and so I try and treat everyone with the same care and respect that I'd like to receive.

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

Bring up the Bodies by Hilary Mantel. It's a historical novel about King Henry VIII's time in power. There have been a million books, movies and TV shows about the topic, but this one's fantastic. Mantel's got a great way with words and her books are so well researched



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

Europe – maybe somewhere in Italy – seeing the sights, drinking strong coffee and enjoying the downtime. I'm a little obsessed with travel since I went on a big trip a few years back. There are so many places I want to see.

What do you do on a typical Sunday?

I take it very slow. I love to sleep in, have a leisurely brunch, and then blob out on the couch. Then the Sunday chores begin.

One food I really like is...

Dumplings. I'm a total Yum Cha fiend. In Wellington (my hometown), my parents made a tradition of going every Saturday, and now that I'm living in Christchurch I'm still on the lookout for a great Yum Cha haunt. I love hearing peoples' suggestions

My favourite music is...

Pretty eclectic. I listen to a lot of Arctic Monkeys and more recent stuff, but there's always a place in my playlist for classics like Bowie and Neil Young.

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

Flu vaccine is go!

Hundreds of Canterbury DHB staff rolled their sleeves up today and took one for the team by getting their free flu vaccination.

From today (Monday 9 April) the flu vaccine is available for free for all Canterbury DHB staff and contractors.

Getting your flu vaccine is easy – you can either attend a clinic or contact an authorised vaccinator in your work area.

Three reasons to get your flu shot...

1. **Influenza is a serious illness and immunisation is your best protection** – this season’s flu strain in the Northern Hemisphere has been the most severe in over a decade, killing people across all age groups and resulting in high rates of hospitalisation.
2. **The flu is really contagious** – getting vaccinated reduces the risk of you passing it on to vulnerable patients, your workmates, and your whānau.
3. **The flu vaccine is free** – if you’re a Canterbury DHB staff member or contractor you can get your flu shot for free. Providing free flu vaccinations is a key way Canterbury DHB supports our people to be and stay well and provide the best possible care for our community.

Details of flu vaccination clinics, and a list of authorised vaccinators, can be found on the [intranet](#).

Roll up your sleeve and take one for the team

It’s simple to get your flu shot from one of our friendly team of vaccinators – it’s easiest for everyone if your vaccinator can see the part of your arm shown in the picture.



Cath Pink: Flu Fighter

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

Canterbury
District Health Board
Te Kaitiaki Takekōwhiri
West Coast District Health Board
Te Kaitiaki Takekōwhiri



Canterbury DHB Certification Audit dates confirmed for June 2018

The date for our next audit against the New Zealand Health and Disability Services Standards (NZS 8134.1:2008) across the DHB is set for the week of the 18 June 2018. This will be the full audit with 14-16 auditors onsite for the week. Preparation for this audit is well underway with a self-assessment and document review report being prepared.

Certification is required under the Health and Disability Services (Safety) Act 2001. All inpatient healthcare agencies are required to meet these standards.

Certification is granted by the Ministry of Health following an extensive assessment against the New Zealand laws, Codes, Standards and policies under which Healthcare Facilities are regulated.

Certification involves a self-assessment against the Standard by the organisation. We provide evidence on activities, processes and outcomes against each standard, including how we monitor and evaluate improvement. It also includes a desk audit and a comprehensive site visit by a team of trained auditors who are subject matter experts approved by the Ministry of Health. During the visit, 15 individual patient journey tracers and two system tracers (IPC and medication) as well as meetings with key staff on the support standards are planned.

This audit will check all core standards are met. These include:

- › Consumer Rights
- › Organisational Management
- › Continuum of Service Delivery
- › Safe and Appropriate Environment
- › Restraint Minimisation and Safe Practice
- › Infection Prevention and Control.

Clinical Board Membership – one year extension for elected positions

Over the past few months the Clinical Board has been discussing and reviewing its purpose and role. This will continue until the Board reaches decisions on a number of areas.

To continue the progress made with its current membership, it was agreed at its March meeting to extend for one year the term of office of those members whose term expires on 30 June 2018.

The Board viewed this extension as vital to the continuance of the review work and affected members have indicated they are willing to continue through until 30 June 2019.

This means that the current three elected members – Professor Geoff Shaw (Senior Medical Officer), Helen Little (Allied Health) and Elisabeth Johnston-Walker (Nursing) – will continue their membership until 30 June 2019.

One vacant Senior Medical Officer position will be filled by an election, to be held shortly.

In 2019 an election for all four positions will be held with the usual term of office of three years.

Latest key messages from Canterbury Clinical Network (CCN)

Read the [key messages](#) from the [CCN Alliance Leadership Team \(ALT\)](#) March meeting, including:

- › The latest developments in the Mental Health Support in Schools Service Level Alliance (SLA), which includes the development of six service design work groups to progress the initiative and the endorsement of the Terms of Reference and membership.
- › A summary of presentations provided by:
 - › Canterbury DHB Chief Executive David Meates on the key areas of focus and emerging challenges for the Canterbury Health System.
 - › Canterbury DHB General Manager Planning and Funding Carolyn Gullery on delivering on the Pharmacy Action Plan; and
 - › Neonatal Paediatrician Nicola Austin and Project Manager Wayne Turp on the activities of the Child and Youth Workstream over the past year.
- › Several membership changes across Canterbury Clinical Network's groups, including the Community Services SLA, the Health of Older People Workstream, the Laboratory SLA and the Pharmacy SLA.

Canterbury Grand Round

Friday, 13 April 2018 – 12.15pm to 1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker 1: Sue Turner, Dr Lucy D'Aeth, Ciaran Fox

"A campaign for improving population wellbeing post-disaster"

Within New Zealand, All Right? is unique in promoting population-wide psychosocial recovery following a disaster. This presentation will discuss the rationale and science behind this successful Health Promotion Social Marketing Campaign.

Speaker 2: Dr Helen Lunt, Diabetes; Steve Percival, Karen Balance, Diabetes Podiatrists

"Making Podiatry Visible"

Clinicians can now see diabetic foot wound imaging and wound measurements, done with the precision of a laser, on Health Connect South. The diabetes podiatry clinical team will describe how they integrated this wound measurement technology into routine clinical workflow. They will also highlight the importance of clinical audit, as part of this process.

Chair: Anna Stevenson

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 26
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge
- › Pegasus, Room 1.01

All staff and students welcome

Next is – Friday, 13 April 2018

Rolleston Lecture Theatre

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

University of Otago, Christchurch

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FOR FURTHER INFORMATION, PLEASE CONTACT:

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Telephone: 64 3 364 3602
Email: publichealth.uoc@otago.ac.nz

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

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Rongoā Kākāriki
GREEN
PRESCRIPTION



Be Active is an eight-week programme for people wanting to increase their level of activity and have fun along the way.

BE ACTIVE

Term 2 2018



Aranui

Aranui Wainoni Community Centre
31 Hampshire Street, Aranui
Monday 1pm - 2.30pm
Starting 30 April

Belfast

Belfast Rugby Football Clubrooms
18 March Place, Belfast
Tuesday 1.30pm - 3pm
Starting 1 May

Riccarton

Riccarton High School
31 Vicki Street, Sockburn
Tuesday 6.30pm - 7.30pm
Starting 1 May

Halswell

Te Hapua: Halswell Centre
341 Halswell Road, Halswell
Wednesday 1pm - 2.30pm
Starting 2 May

For more information and to register please contact:

Anna Wilson

P 03 373 5045

E anna.wilson@sportcanterbury.org.nz

www.sportcanterbury.org.nz

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, e.g. circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle, and enjoy the support of others in the group. Cost is \$3 per session.





You are invited to attend...

Dates and details of further CASP and Technical Merit Information Sessions are now confirmed. Seating is limited, so choose the workshop that best suits your schedule and register early. Details are:

- **Tuesday, 27 February 2018 – 1:30 - 4:00pm**
Meeting Room 2.3b, Burwood Hospital
 rsvp your name, position and contact details to Jill.Wreford@cdhb.health.nz
- **Wednesday, 11 April 2018 – 1:30 - 4:00pm**
Lincoln Lounge, Hillmorton Hospital
 rsvp your name, position and contact details to Catherine.Pawlowski@cdhb.health.nz
- **Tuesday, 29 May 2018 – 1:30 - 4:00pm**
Wakanui Meeting Room, Ashburton Hospital
 rsvp your name, position and contact details to Catherine.Pawlowski@cdhb.health.nz
- **Wednesday, 27 June 2018 – 1:30 - 4:00pm**
Lower Ground Floor Seminar/Parent Educ. Rooms, Christchurch Women's Hospital
 rsvp your name, position and contact details to Rochelle.Audeau@cdhb.health.nz
- **Thursday, 23 August 2018 – 1:30 - 4:00pm**
Meeting Room 2.3b, Burwood Hospital
 rsvp your name, position and contact details to Jill.Wreford@cdhb.health.nz
- **Wednesday, 24 October 2018 – 1:30 - 4:00pm**
OPS Centre, Ground Floor, Christchurch Women's Hospital
 rsvp your name, position and contact details to Rochelle.Audeau@cdhb.health.nz

We look forward to meeting you and updating you on the CASP requirements.

Me Whakawhitiwhiti Kotahi, Ka oti te Mahi
Through working together, our goals will be achieved.