



Rising to the challenges of 2017 – professional and personal

Welcome back to work to those who have been away on holiday, I hope you had a restful time. For those working through, I hope you have a chance to take a break soon, as 2017 is shaping up to be another busy year

Thank you to everyone who has been instrumental in ensuring health services have been provided to meet the needs of our community during the Christmas and New Year period.

In particular, following last week's industrial action I'd like to thank all those who were involved in contingency planning, the logistics of postponing and rescheduling patients, answering queries from the public and providing care to patients in general practice, in people's homes, and in our hospitals and health centres. Your commitment to ensure Canterbury people had continued access to the health services they needed was much appreciated.

The Kaikoura and North Canterbury earthquakes have required teams to remain focused on the continued support for the area. This has involved extensive coordination of many providers and agencies to ensure those communities have remained well supported, as there are numerous significant challenges many of these communities continue to deal with. As all of us know, this is going to take some considerable time.

If improving your health and learning something new feature in your goals for 2017, I encourage you to check out the large

number of options available on the [Staff Wellbeing Page](#) and the courses available on the [Learning and Development](#) page of the intranet.

Two teams who are leading the pack in terms of health, wellbeing and team-building are the Emergency Department and Radiology Department. Their home-grown initiative has been in the news this year as they launched their 100 Day Challenge – well done to everyone involved with the EDGE and RAGE challenges. You may spot some familiar faces in this media [article](#). Check out their story below.

Have a great week.

David Meates
CEO Canterbury District Health Board

Fitness challenge has lots of benefits

Hundreds of Canterbury DHB staff are charging into a New Year challenge aimed at increasing personal fitness and improving team spirit.

The Emergency Department (ED) started the EDGE 100 Day challenge last year (ED Get Exercising), and this year have encouraged nearly 300 staff from Radiology to join them

creating the EDGE and RAGE (Radiology Get Exercising) 100 Day Challenge.

This year nearly 600 people have taken up the challenge that includes running, rock climbing, box fit and yoga classes, and even stationary biking to make smoothies.

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One of the organisers, ED Medical Specialist Jan Bone says the idea was to get people moving and set a good example for colleagues and patients. Each group is divided into 10 teams and each team has a different coloured lanyard which allows them to identify their team members.

"We showed last year that the EDGE Challenge helped us work better as a team," Jan says.

"That team spirit improves our ability to look after our patients." Emergency Medicine Consultant Laura Joyce says when

you are working in a big department, challenges like this help people get to know each other.

"Sometimes you can have 15 people working on a patient and knowing everyone's name is really helpful."

There is a website where team members can log their exercise and keep track of who is in the lead. Every minute of exercise earns one point. That can be multiplied if challenges are done with other colleagues.

The challenge runs until April 18.



Above: Chief of Radiology Sharyn MacDonald (second left) with fellow Aldebaran team members ED Clerk, Susan Head, Medical Imaging Technologist (MIT), Radiology, Melissa Snelson, Duke the dog and Radiographic Assistant, Radiology, Annette Journeaux, take part in a 5km run around Hagley Park that kicked off the challenge series. Behind them are ED Associate Clinical Nurse Manager Kate Cooper and ED Senior Medical Officer and inspirational EDGE Leader Jan Bone.

Left: With some help from Consultant Emergency Physician, Scott Pearson (Team Rigel) and Chief of Radiology, Sharyn MacDonald, (Team Aldebaran), Charge MRI Technologist Peter Dooley of Team Antares whips up a banana smoothie thanks to an inventive hybrid of a stationary bicycle and blender.

Facilities Fast Facts

Fast Facts – Burwood

Construction work is due to start in the northern staff car park on Thursday 19th January to install a 20 metre high Vodafone cell tower. The work should take around 3 weeks. The tower will greatly enhance Vodafone reception across the Burwood site.

Fast Facts – Christchurch

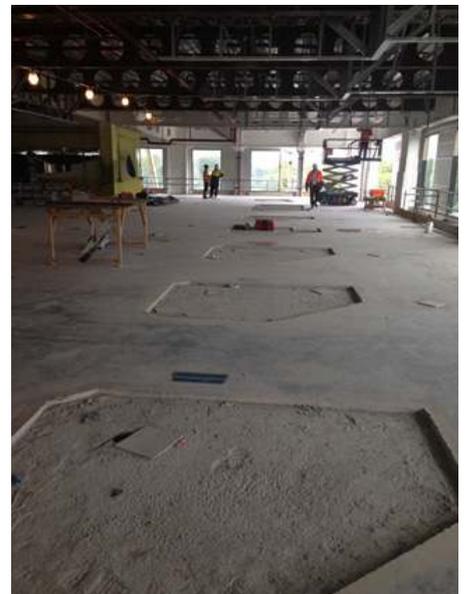
Construction work began again on the Acute Services site on January 4. This week will see the first of the concrete pours for the east podium (nearest the camera in the top photo).

Around 5300 tonnes of steel have now been assembled on site, with around 2000 tonnes still to come.

Elsewhere on site, glazing work is ongoing with the first delivery of windows for the west podium to arrive this week. Intumescent (fireproof) painting of the steel structure is ongoing (the whiter coloured steel in the photos).

Carpenters have begun work on Level 4 of the western end of the building, and wooden internal framing is being constructed on the lower ground floor.

The photos also show some of the glazing and windowsills installed in one of the ward areas. The cutout shapes in the concrete floor are where the ensuite bathrooms will eventually go.



Fast Facts – Outpatients

Currently 50% of the foundations are complete on the Outpatients site. The bulk excavations should be finished by next week.

Structural steel is currently being fabricated, and will begin to be installed in March. To help with the heavy lifting, a tower crane will be erected on site. The foundations for the crane will begin to be built next week, and the crane itself is scheduled to arrive on February 1.



Bouquets

Sally, Chatham Islands Health Centre

Thank you for your dedication and commitment to the health and well-being of our Mum...I would like you to know how much I appreciate and admire your openness and honesty, yet professional care and concern. Your personal care is both kind, yet strong. Thank you so much for treating her as your very own, for doing so, you allowed her to bide her time in peace.

Sharyn Creighton, Older Persons Health and Rehabilitation

My sister and I would like to pass on our sincere thanks for the outstanding way Sharyn Creighton conducted her assessment yesterday with our mother at her rest home. Sharyn was so patient, kind and measured in all she did and said. Her very professional approach put mum at ease immediately...So we would just like to acknowledge the professionalism of Sharyn and thank her for her very efficient correspondence with us and the way she has made this move to bring mum to our home town all the easier. In my role at Hospice I see a number of ways interviews, communications etc are carried out and I am certainly impressed with Sharyn and very grateful it was her that met with our much-loved mother.

Chatham Islands Health Centre

To all management and staff of Chatham Islands Hospital, Sally, Sue, Teresa, Debbie, Margarete, Steve, Erin, Gill, and Robyn. This is a very late, however by no means, less heartfelt, thank you for supporting us in caring for Mum ... Each and every one of you will always be remembered for your extra kindnesses in both word and deed during hospital

stay and at home. Thank you for knowing when to step in and step out. That is not an easy thing to know/do but each of you did so with such care and consideration. Each of you will not be forgotten, no we will not forget. Thank you all with love and blessings.

Anne Caldwell, Cardiothoracic Clinical Nurse Specialist, Education Sessions

I am writing to thank you so much for the help and support you gave us while dad has been going through with his heart surgery. The education classes were brilliant, you are spot on with everything that happens and the ups and downs that patients can expect. This should be a must for every family member/support person to attend as it lets us understand the process so much easier and lets us help motivate the family member during the process. Your personality makes all this easier too as you are so positive, supportive, but straight shooting at the same time.

Emergency Department, Christchurch Hospital

Very professional and caring. Despite the sad reason for me being there. I felt very well treated and informed. Special thanks to ED Nurse, Georgia.

Emergency Department, Christchurch Hospital

The last place I wanted to go was ED... I was scared... Waiting room busy... eight hours later I left with a very positive attitude. Dr P Wang was rushed off her feet, but she still took the time to give me 110 per cent commitment. She was honest, caring, very interested and took no short cuts. I am a better person for it (health and reassurance of people)

Thank you.

Nick, Emergency Department (ED), Christchurch Hospital

ED Nurse, Nick, is outstanding in his genuine care for patients. I wasn't an easy one for him, nor was my visitor. He remained level headed and non-judgemental. Thanks Nick, you are an awesome nurse, by far the best I have ever had.

Wards 10 and 12, and Emergency Department, Christchurch Hospital

The service provided was exceptional. The care from the doctors and nurses, and particularly Anne Caldwell, could just not be faulted. My wife and I felt like we were the first patient for all these people. All were calm and kind and it was a very positive experience under very stressful conditions. Thank you.

Ward 19, Christchurch Hospital

Lovely Christmas dress throughout and caring staff.

Emergency Department, Christchurch Hospital

Kia ora, I would like to commend nurse Rosie, and doctor Frances Adams for their compassion in my treatment at ED. I really appreciated their understanding and the level of care was fantastic. I really felt I had been heard (quite rare for me) and that my concerns were valid. It was a busy night in ED and despite the trouble I could see staff having, overall I felt they were managing the best they could and again I really appreciated their management of my care. Thank you for making this difficult night somewhat easier for me. I only hope this is passed on to the right people and they know how much it meant to me.



Acute care, Christchurch Hospital

Thank you for taking such wonderful care of me during my recent stay with you. It is refreshing to meet and be involved with a team of such caring professional people who happily and skilfully go about their daily duties. From the food, the care, and every other part of the process that I was involved in, your performance was faultless and very much appreciated.

Oncology Department, Christchurch Hospital

The nursing staff have been wonderful all through my radiation. Made it a breeze. Wendy was so helpful, along with the receptionists. All staff from out front to everywhere, a credit to the hospital.

Day Ward, Christchurch Hospital

Excellent nursing and care, thank you.

Social Worker Lorraine Sutherland, Christchurch Hospital

Exceptional, wonderful, friendly, compassionate, caring, professional, excellent.

Emergency Department, Christchurch Hospital

Great job relieving chronic pain for my wife. Thank you. It's stressful and it was a great job you did.

Thyroid Clinic, Christchurch Hospital

A lovely visit today, everyone was so cheerful, friendly and helpful. Thanks to everyone who does a stellar job caring for people.

Ward 14, Christchurch Hospital

Wonderful staff, respectful, knowledgeable and capable. Many thanks.

Great Escape Café, Christchurch Hospital

Nick and his team at the Great Escape. The kai that was provided for our Christmas meal, I really enjoyed it. Thanks. Kia pai to Ra.

Maxillofacial Department, Christchurch Hospital

Fabulous service, very professional staff, friendly and helpful. Thank you.

Physiotherapy Department, Christchurch Hospital

Very impressed with the help. My condition has improved no end after years of pain and disability. Many thanks.

Canterbury busiest trauma centre in New Zealand

Canterbury is setting the benchmark when it comes to trauma services.

A team of clinicians has been tasked with establishing a trauma service based at Christchurch Hospital and covering Canterbury, the wider South Island and some parts of the lower North Island.

Mel Evans, Trauma Nurse Coordinator, Dominic Fleischer, ED specialist, and Christopher Wakeman, Colorectal Surgeon have made some interesting discoveries since setting about recording the number of trauma cases that come to Christchurch Hospital.

"We now have good solid data collected since May 2016, which shows that we are essentially the busiest Trauma

Hospital in New Zealand – something that previously had never been considered."

Mel's job has been to score patients who present acutely using what's called an Injury Severity Score – a score that's recognised globally.

Patients with a score over 12 are classed as 'major' trauma and patients 12 or below are 'minor'.

Mel enters the scores into a national database, which is checked or "cleansed" independently to ensure its accuracy and then reported to the Ministry of Health.

"What we've found is that we are admitting on average around 5.5 major and 79 minor traumas a week – which is the highest in the country."

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Chris says the data is a bit of a revelation because previously there had been questions around whether Christchurch was actually seeing a significant number of trauma cases.

“In the past there’s been some differences of opinions but now we have the data to back it up that we are actually not just a trauma hospital – we’re the busiest in New Zealand. We know that on any given day there’s about 86 trauma inpatients in the hospital.”

The next step is to work towards collecting detailed information on all our admitted trauma patients and then building a trauma service with trauma specialists and trauma nurse coordinators – an interdisciplinary team working together to improve the care of our admitted trauma patients.

“The goal is to have a service that enhances and improves patient outcomes and flow through the hospital.”

Dominic says evidence from other trauma centres internationally show that trauma services help reduce patient harm and improve mortality rates.

“The biggest killer to working age New Zealanders is trauma – not cancer, heart attacks, strokes or anything else.

“You have more chance of dying from a major trauma caused by a road accident, or from falling. Trauma is also the number one cause of death and disability for school-age children and working-age adults.”

The team will continue to work towards building a service now they have robust evidence to support it.

“We should be setting the benchmark and that’s what we hope to do.”



Photo left: Christchurch Hospital Trauma Team members, from left, ED Specialist, Dominic Fleischer, ED Trauma Nurse Coordinator, Mel Evans and Colorectal Surgeon, Christopher Wakeman.

First medical oncologist of New Zealand's modern era retires

Consultant Medical Oncologist Bernie Fitzharris, who was the first officially trained medical oncologist to work in New Zealand, retired from his role at Christchurch Hospital on January 13.

Bernie's special interests have included breast cancer, malignant lymphoma, malignant melanoma and lung cancer.

Over the last 30-plus years Bernie says he has seen medical oncology advance with new forms of chemotherapy and immunotherapy being developed. Patients who would have once died quickly of common tumours are now living longer and several previously lethal tumours have become potentially curable with these treatments.

Bernie is a graduate of the University of Otago. He began his medical oncology training in Christchurch in 1973, encouraged by Professor Barry Colls.

He went on to the Royal Marsden Hospital in London to complete clinical training followed by a further two years of training doing a research degree. Bernie returned to Christchurch in 1981 as the first modern trained medical oncologist to work in New Zealand.

He is a former clinical director of Christchurch Hospital's Oncology department, and was joint clinical director of the Southern Cancer Network for several years. As well as his role at Christchurch Hospital, Bernie was a Clinical Reader at the University of Otago, Christchurch School of Medicine.

The Medical Oncology Department at Christchurch Hospital has grown during his working career and is now staffed by 10 medical oncologists.

Bernie says when he started oncology was a very new specialty and, as more overseas trained medical oncologists were recruited to other New Zealand centres, a local training programme for future medical oncologists was developed.

Prior to this, chemotherapy had been given by radiation oncologists but the advent of medical oncology in New Zealand enabled further specialisation and saw the development of clinical research programmes. There are now over 50 medical oncologists in New Zealand.

"It was an exciting time to be involved."

Since then there have been tremendous clinical and technological advances and in the early 1990s Christchurch Hospital's new Oncology building was opened.

Bernie says he chose medical oncology because he liked the interaction with people and the multisystem approach needed for cancer care.

Working at the CDHB has been "fantastic".

"There couldn't have been a better place to work. The CDHB couldn't have been better employers and have always been supportive of new initiatives.

David Gibbs, the current Clinical Director of Medical Oncology, says Bernie's retirement is a huge event for medical oncology, not only in Christchurch, but in Australasia.

"He is someone whose career has spanned the development of a specialty in New Zealand. He has made major contributions in teaching, research and patient care. He has always been a wise and witty colleague as well as a good friend. We will miss him."

Bernie retired on January 13 but will continue working part time in private practice. He is looking forward to spending more time with his family and pursuing several interests such as beekeeping, brewing beer, playing bridge and travelling.



24 Hour team kept calm and carried on

While some of us were munching on turkey and pav, the 24 Hour Surgery team were continuing to do what they do best – looking after those who need them.

Clinical Nurse Leader Berny Hayes says that everyone on the team was focused on goodwill and doing the best for their patients.

“I have never seen this positive attitude so strong among our people and I think it’s partly down to everyone being really involved in the planning for this festive season.

“With our usual ‘go to’ food places closed and a will to celebrate Christmas in style, we cooked meals for the team throughout Christmas and into the New Year. Full tummies makes for happy people.

“The team were absolute troupers who worked together seamlessly and flexibly with smiles on their faces.

“Our patients could see the team’s cheerful spirit and it was infectious. The families/whānau were so grateful we were there for them.

“Drinks and ice blocks were handed out to people in the waiting room. Everyone really appreciated these extra touches and the accompanying updates on waiting times.”

Healthcare Assistant Kelsey Chamberlain says those in the waiting areas loved the delivery of in-house made coffees, teas and milos and a few older people got out their wallets to try to pay.

“Everyone kept calm, took their time to make sure the job was done properly and even during busy times it all flowed so smoothly.”

Approximately 400 more patients visited the surgery than over the same period last year. The way the team handled it is a credit to the entire Pegasus team, says Operations Manager, Claire McQuilken.

“If it wasn’t for what the whole health system team does throughout the year our team wouldn’t be able to do what they do so well, which is to look after our community. For example, Pegasus IT put a special ‘report an IT problem’ button into MedTech, to make it easy to quickly report a problem, and some of the service desk team visited the surgery every day before Christmas and then in the days between to make sure any IT issues were ironed out quickly.”

Before Christmas the team talked a lot about, ‘keeping up, not catching up’ and it was heartening to see them take this on board, says Berny.

“At many times on even the busiest days, patients didn’t have to wait any longer than 45 minutes.

“Whether it was for gastro, falling off a trampoline or their kid’s scooter or for an injury after a big night out, all our patients

needed to be seen and we hope we made their visit as comfortable as possible.”

We made sure we looked after our people, so they had the ability to put their patients first, says Claire.

“I hope all our 24 Hour team enjoy a break with their families once the festive season slows down.”

Approximate numbers of patients presenting at the 24 Hour Surgery:

Christmas Eve – 366 patients

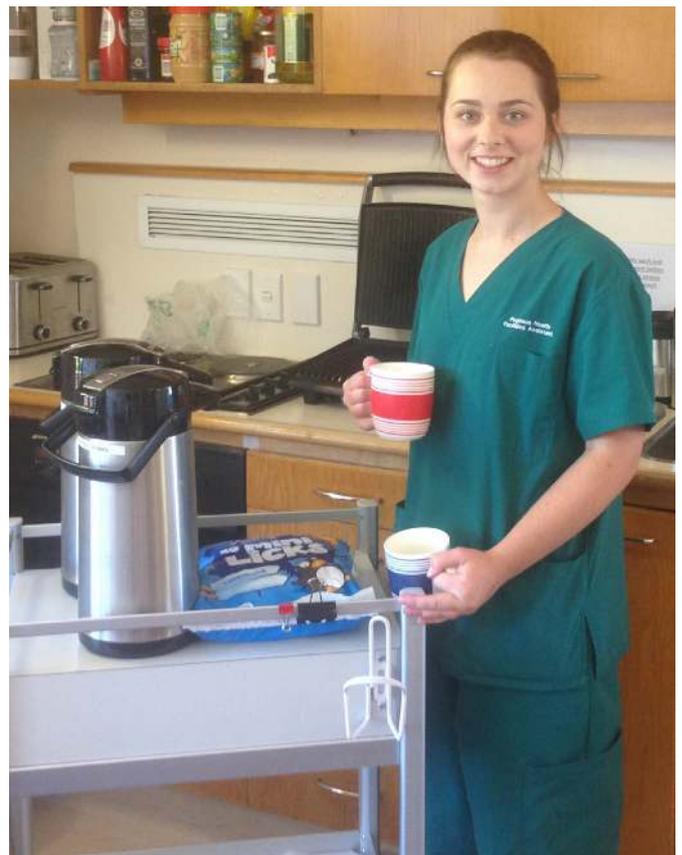
Christmas Day – 243 patients

Boxing Day – 374 patients

27 December – 428 patients

28 December – 324 patients

29 December – 295 patients



Healthcare Assistant Kelsey Chamberlain delivered drinks and ice blocks to those waiting at the 24 Hour Surgery over the festive season.

Retirement of pioneering Canterbury laparoscopic surgeon

Rob Robertson retired recently after a long and successful career in general surgery at Christchurch Hospital.

Rob was born on the West Coast where his family worked in mining. He was a student at Buller High and attended Otago University. He went to Whakatane as a house surgeon before beginning a position as surgical registrar at Christchurch Hospital in 1977.

He stayed for five years, then moved to England where he worked at The Norfolk and Norwich University Hospital and Great Ormond Street Children's Hospital in London as a senior registrar in general and paediatric surgery.

Rob returned to Christchurch in late 1984 and was appointed Consultant General and Paediatric Surgeon at Christchurch Hospital.

Both he and Rob Davidson provided ongoing paediatric surgery services for Canterbury for another 12 years, doing on call for one week at a time 24/7, as well as acute and elective general surgery.

Rob was a pioneer for laparoscopic general surgery in Christchurch, including laparoscopic gall bladder surgery, splenectomy and anti-reflux surgery.

He was Clinical Director of the department of General and Vascular Surgery from 1999 to 2001 and again for a short period following the 2011 earthquake.

He was an elected member of the New Zealand Board in General Surgery for eight years as well as being on the committee of New Zealand Association of General Surgeons for a similar time.

In this capacity, he was President of the New Zealand Association of General Surgeons on two separate occasions and represented New Zealand General Surgeons on the Royal Australasian College of Surgeons (RACS) board of Professional Development and Standards.

In 2007 he was the convenor of the Annual Scientific Conference of the RACS which was held in Christchurch.

Surgeon Grant Coulter, says Rob was always willing and helpful with advice for younger surgeons.

He will continue with his private practice and do some additional operating lists for the department of general surgery as a locum, and hopefully enjoy some free time, Grant says.

Rob says he has enjoyed being part of the surgical service in Christchurch and working at the various Christchurch hospitals.

"The work has been varied and interesting with huge challenges as the service has undergone change and accommodated the increasing specialisation and technology changes."

The 1990s were an exciting time for general surgery with the "laparoscopic revolution" which significantly reduced the invasiveness of surgery and improved recovery time.

"I think I am fortunate to have lived through that time," says Rob, who was one of the first general surgeons in the country to carry out a laparoscopic procedure.

Rob says one of the most important qualities for a good surgeon is being collaborative and co-operative.

In 2008 Rob received a special medal from the RACS. He was one of only 14 New Zealanders to have been awarded the RACS medal, and the only Christchurch-based surgeon to have this honour, which recognises "distinguished service" to the college.



Updating list of Justices of the Peace (JPs) on CDHB campuses

Are you a Justice of the Peace (JP) and CDHB staff member?

If so, we appreciate the services you offer on our campuses. Staff wanting to contact a JP can access their contact details on a [list](#) on the intranet, next to the post a notes.

Currently we have seven names on this list but there may

be some JPs who are not listed. Please check your name is there. If not, and you would like it to be, please contact communications@cdhb.health.nz to have your details included.

Thanks again.

The story of the Marquette Embroidery

Speciality Clinical Nurse Kate Paterson has completed a panel of an embroidery to mark the nurses who died on the World War One troopship, the Marquette.

The Christchurch Hospital Nurses Memorial Chapel was built in 1927 to honour three Christchurch Hospital nurses, Nona Hildyard, Margaret Rogers and Lorna Rattray who died when the Marquette was torpedoed by a German U-boat.

Ten New Zealand nurses died when the Marquette was struck. It was the biggest loss of nurses' lives in one day in New Zealand military history and caused much shock and resentment because nurses should not have been on board the troop ship.

Hospital staff were shattered at the loss of their colleagues and were determined to build the chapel in their memory. The first service was held there on Christmas Day, 1927.

The Riverhouse Arts centre, Walton-on-Thames, undertook the creation of a memorial tapestry to commemorate the centenary of the 'No 2 New Zealand General Hospital' at Mount Felix in Walton.

The hospital accommodated New Zealand soldiers injured in the war fields of France during WW1. During the four years it was open, 27,000 patients were treated there.

Artist Andrew Crummy designed 40 panels each depicting a story to create a lasting legacy of the hospital, and the nurses and soldiers who passed through there.

The Riverhouse Arts centre contacted Ray Wootton of the Christchurch Hospital Nurses Memorial Chapel asking if somebody would like to work on one of the panels.

"The panel I worked on was one depicting Edith Popplewell and shows the Marquette, the German submarine and the torpedo," says Kate.

"The panel tells a woeful story. Edith Popplewell was one of the survivors of the disaster. Dr Hugh Acland also survived but the other figure in the panel, Lorna Rattray, did not."

Kate asked their relatives, Richard Acland, Anne Rattray and Caroline Ritchie to contribute to the stitching, adding a historical link to their relatives.



Above: Nurse Kate Paterson with the embroidery



End of remarkable physiotherapy career

Meris Brandram-Adams was a 17 year old “country girl” from the Isle of Wight when she left home to train in London at the St Thomas’ Hospital Physiotherapy School.

She qualified as a physiotherapist in 1973 and says she has never regretted choosing the profession that has enabled her to help so many people throughout the years.

Meris retired on December 21, 2016, and her farewell was held at Hillmorton Hospital on Wednesday January 11.

Meris began her career working in a 30-bed intensive care respiratory ward in London, treating the 1951 polio epidemic survivors as well as other people needing to be on respirators. She worked at Newport on the Isle of Wight, then went on to Winchester Hospital working in stroke rehabilitation, maternity, orthopaedics, intensive care, general outpatients and neurology.

In 1982 Meris moved to New Zealand and began work at Ashburton Hospital, treating inpatients and outpatients and working with older people at Turangi Home. She then worked for Nurse Maude Hospital before joining CDHB’s Specialist Mental Health Service (SMHS) in June 1990.

Meris has had expansive experience with SMHS, starting in Seager and Kennedy, then moving to the Mahu Clinic eight week drug and alcohol programme before treating consumers in the acute inpatient wards, Fergussons 1 and 3, and Tupuna, and staff too.

She worked in Psychiatric Services for Adults with Intellectual Disabilities inpatients and outpatients, Forensic Services, Rehab B, Youth and the Child Outpatient Services which were then stationed at Hillmorton.

Meris then moved to work in Kennedy Detox and Community and Alcohol Drug Services (CADS) including the Methadone Programme.

In her time Meris has run hundreds of relaxation classes, exercise, stress management, hydrotherapy and walking groups, treating people mainly with exercise and her hands. Meris has treated people with a huge range of conditions from fractures, back pains, detox cramps and mobility problems to anxiety, sleeplessness and many other mental health conditions.

She had an ability to put people to sleep during her relaxation classes which she said was not the goal as she wanted people to stay awake and learn from the classes. However as sleeplessness became an issue, Meris realised her voice proved useful in helping people feel safe and sleep better.

She is delighted that her voice is on the “Better Sleep” CD which is still available for anyone to listen to.

Meris’s later work with children ignited her passion for advanced neurological clinical reasoning. Her work using new physiotherapy techniques led to some amazing recoveries for children with anxiety, emotional regulation disorders, enuresis, attention deficit hyperactivity disorder, learning difficulties and other conditions.

Meris says her time at CDHB has been extremely rewarding. Physiotherapy is an emerging exciting area for the future and it is a good time to hand over her clinical role.

“I have enjoyed my leadership position and will miss all the team. Thank you to all my colleagues who have supported me over the many years.”

Heartfelt thanks go to Meris for contributing so greatly over many years and we wish her a long and happy retirement.



From left, Specialist Mental Health Service (SMHS) Physiotherapy colleagues, Physiotherapist Ruth Seeman, SMHS Physiotherapy Clinical Leader, Ruth Troughton, Meris Brandram Adams and Physiotherapist, Maree Stewart.

Aotearoa Bike Challenge

A fun, free challenge to encourage people to experience the joys and benefits of riding a bike.

How it works:

This initiative challenges workplaces to see which organisation can get the most people to ride a bike during the challenge period (1–28 Feb).

It's not about who can ride the most kilometres, but who can encourage the most people to give cycling a try. The organisation that gets the highest percentage of their staff riding for their size category will win.

There will be a prize draw for each trip over 10 minutes you ride. The more you ride and the more you encourage others to ride, the greater the chance you have of winning.

Draw prizes include a [Discovery Low E electric bike](#) (worth over \$3,300) from Avanti Plus.

There is also still time to talk new riders into joining you. The first **600 new riders** who log just one 10 minute ride during the challenge period (1-28 Feb) will automatically win a free movie ticket voucher!

[Sign up today!](#)

One minute with... Stephen Percival, Diabetes Centre Podiatrist

What does your job involve?

My principle role with my colleagues is the treatment and management of patients with diabetes and diabetic foot ulceration but we also see patients with other diabetes-related foot complications such as Charcot arthropathy.

Why did you choose to work in this field?

That was down to my dad many years ago after I mentioned to him that I would have to look for another career in the future. I used to have my own franchise milk delivery round in the UK but as more customers abandoned or reduced their doorstep delivery needs in favour of bulk buying from supermarkets it became clear that my future was in jeopardy even though I did enjoy the great outdoors (not so much in winter though). My Dad saw an advert to train to be a podiatrist and the rest is history.

What do you like about it?

I enjoy helping patients to manage a small part of a terrible disease which is clearly becoming a larger problem as the years go by. If I can help them maintain their mobility I know this will help them manage their diabetes and reduce complications that may develop further down the line.

What are the challenging bits?

I guess healing any wounds in patients with diabetes is a challenge due to the complex problems associated with their condition. You never know what patients may present with from appointment to appointment. I am very grateful that we have quick access to other members of the diabetes management team from dietitians, to nurse specialists, diabetes physicians, vascular surgeons and infection specialists, as management is truly a multidisciplinary effort. I couldn't do it on my own.

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 think these values are essential in any establishment where you work with other people but when you work with the public as well it's even more important. Patients have to deal with

their medical condition as well as everyday life problems that we all have to deal with, but for them overcoming challenges are made even harder when you are not in the best of health. I am also very aware that as a diabetes podiatrist in a high risk foot clinic we may be the first port of call for a patient and timely intervention and referral to other members of the team can mean that a patient avoids losing parts of their feet through amputation. So the responsibility is heavy at times.

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

Wilbur Smith: Pharaoh, or any of his books really, I have read them all.



Above: Stephen Percival

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

Hawaii, swimming in crystal clear warm waters.

My Ultimate Sunday would involve...

Having a day out with my little family, taking in new sights and sounds.

One food I really like is...

Always had a soft spot for cottage pie.

My favourite music is...

I have a wide range of music likes, if it sounds nice I will listen to it, but I think Adele is one of my favourite modern artists at the moment and Sarah Brightman is an old time favourite for me.

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

Two long-serving Ashburton Hospital staff retire

Ashburton Hospital farewelled two long-serving staff members in December with the departure of Charge MRT Margaret Crozier and Enrolled Nurse, Outpatients, Jan McAllister.

Margaret was farewelled mid-December after a 30 year career, while Jan celebrated her last day on December 22 after 45 years.



Above: Standing, rear left, Margaret Crozier

Left: Jan McAllister



Allied Health Staff annual Christmas update

On Dec 14th Allied Health staff based on the acute site came together for their annual Christmas update.

We had some excellent speakers and the 90 minute session gave our clinical staff an opportunity to hear about the progress of strategic projects; how their work is aligned to the Ministry of Health, Canterbury DHB and local aims; Allied Informatics, data use and current eHealth developments and an overview of the facilities progress within the Acute Services Building as it relates to Allied Health.

We were given an insight into the specialist clinical work being driven forward in Christchurch Women's Hospital by Niamh Keats, where physiotherapy staff will soon be the First Specialist Assessment for Pessary Clinics.

Objectives

- Acknowledgement by both Physiotherapists and SMO's that there was an opportunity to get Physiotherapists working at the top of their scope of practice.
- Physiotherapist's have skill base to enhance the service by delivering more education, pelvic floor analysis and lifestyle modifications.
- Alleviating pressure on hospital waitlist and allowing more FSA/FU time for SMO's.
- *Our vision: to continually improve and evolve the service to not just "meet" the needs but to push beyond the boundaries of pre-existing standards of practice for the women of Canterbury.*

Recruitment

Clinical Psychologist: Cancer Supportive Care Service

Regional Lead: Upper South Island

Clinical Psychologist: Cancer Supportive Care Service

Regional Lead: Upper South Island

Fixed term – (up to 30 June 2018); Full/Part Time (FTE to be determined based on agreement with successful candidate(s))

Vacancy closes: 29th January 2017

This position provides a new and exciting opportunity to contribute and improve the experience for patients and their family/whanau.

You will achieve this by

- » Working with the National Lead, other Regional Leads and Cancer Psychological and Social Support workers and other key providers to develop a regional supportive care service.
- » Providing leadership to the region's cancer psychologists and supportive care workers
- » Improve the experience for patients by delivering evidence based interventions and assessments where complex need is indicated and ensuring appropriate assessment occurs for people for less complex issues

This is a rare and exciting chance to be leading work that has a regional and local focus combining both clinical and leadership skills. The development of psychological and social support services (supportive care) is a significant priority across the national and regional cancer landscape. This role is intended to develop and improve psychological and social support services by building on existing services. As this is a regional role for the South Island there will be a requirement to work flexibly across the Canterbury/Upper South Island region as well as a need to conduct some provision in centres other than Christchurch, including South Canterbury, West Coast and Nelson Marlborough. This is a new service and will require the successful candidate to be innovative and flexible in their approach and prepared to participate in developing new service systems, process and system provision constructs.

You will hold a Post Graduate Diploma in Clinical Psychology (or overseas equivalent), and Registration in the Clinical Scope of Practise. Previous experience in the Adult Mental Health field is preferred but your other skill backgrounds or experience will be given full consideration. This position is an innovative clinical and leadership role where excellent interpersonal skills and organisational skills are vital. You will need to have the ability to work in a very collaborative manner within a team but also at times autonomously. A high standard of report writing is required.

Much of the work will be conducted from the Christchurch Hospital campus but there will be a requirement/need to work across the Canterbury/Upper South Island region and there will also be need to conduct some provision in other centres including South Canterbury, West Coast and Nelson Marlborough either via face to face clinical interaction and/or utilising video conferencing facilities.

Further information, please contact Garth Munro, Director of Allied Health, Christchurch Campus, garth.munro@cdhb.health.nz.

Applications are only accepted online so please visit our website at www.careers.cdhb.govt.nz to complete an application and download a position description.

University of Otago, Christchurch

POSTGRADUATE

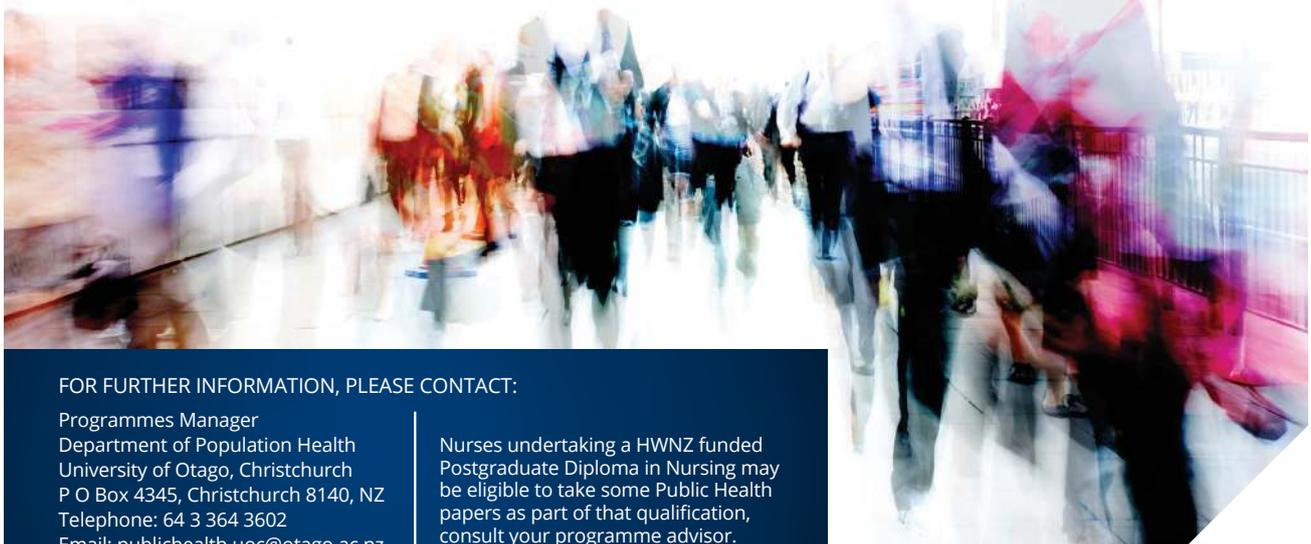


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FOR FURTHER INFORMATION, PLEASE CONTACT:

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University of Otago, Christchurch
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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.

otago.ac.nz/publichealth



Kia Hauora Te Whanau

We encourage all whanau to attend this Hui, Tangata whaiora, clients and patients.

Thursday 26th January 2017
 9.30am–1.00pm, lunch provided
 Rehua Marae, 79 Springfield Road, St. Albans
 Where: Wharenui

RSVP by the 18th January for catering. Please email
mkarena@rehuamarae.org.nz

THEME: MEDICATIONS

AGENDA

9.30: Terry Ryan–“Welcome”

10.00: Brendon McIntosh - “The cost of prescriptions”

10.30: Aarti Patel – “Medication Management Service”

11.00: Te Kani Moore – “Arthritis Foundaton NZ”

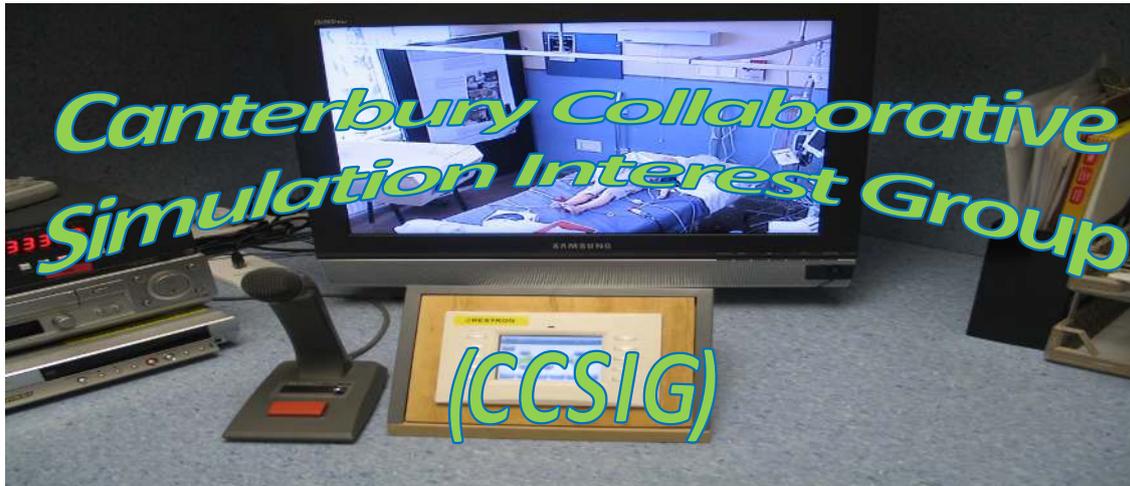
1115: Louise – “Respiratory Canterbury Clinical Network”

11.30: Rik and Melani – “Te Haa o Io Rongoa clinic “

12 noon - Lunch

NB: This Hui aims to invite whanau and patients to attend rather than providers





Canterbury Collaborative Simulation Interest Group (CCSIG)

Date: 31st January 2017

Time: 1300-1630hrs

Venue: Bevan Lecture Theatre, 7th Floor University of Otago Medical School, Christchurch Hospital. Christchurch

Registration fee: No charge

Draft Programme:

- **Simulation Language**
- **Debriefing Frameworks**
- **2017 Simulation Projects**



TO REGISTER PLEASE CONTACT: Professional Development Unit

