



Seven years since the February 2011 quake – take a moment to reflect

Seven years on from the devastating February 22nd quakes which struck fear into the hearts and minds of Cantabrians, we can look back with pride on what our health system has achieved.

While many of you are thriving, I know there are others who are still doing it hard and battling on with unresolved insurance claims and issues with repairs. Despite the turmoil and stress on the home-front you come to work to give service to the people of Canterbury and I thank you for that. Our health system is nothing without people, and our people have continued to meet the needs of our community despite every challenge thrown its way.

Services such as mental health remain under immense pressure to meet the significant increases in demand. Many of you continue to work in facilities that were damaged by the quakes while we work on plans for alternative facilities. As I write this I reflect on the extraordinary lengths so many of you have gone to, to ensure that your community could continue to access health care. Very few health systems anywhere in the world have been able to respond in such a sustained way as the Canterbury Health System. While the past few years have been incredibly difficult for many, your efforts, professionalism and at times sheer bloody mindedness have not gone unnoticed. The outcomes you are contributing to and collectively achieving are at the forefront of anything being accomplished across the world. I acknowledge the efforts of everyone working in health – those employed directly by the DHB and the thousands more working for health and social service providers and other non-government organisations in our community.

I hope that you take a moment to reflect on Thursday as we mark the seventh anniversary post-quake. Be proud of how far you've come and what you have all done. On behalf of everyone who uses our services, and your colleagues, thank

you for everything you've done – you are an important part of an incredible team.

We know the road to recovery is full of twists and turns, and at times we have come up against what appear to be unsurmountable obstacles and road-blocks, but the Canterbury can-do attitude and persistence will get us through.

There have been many positive things to have come about as a result of the years of quakes, and one of them is that we talk more openly as a community, and as an organisation about our wellbeing. One of the tools we can all use is the Five Ways. The [Five Ways to Wellbeing](#) is a set of five evidence-based actions that can improve wellbeing in everyday life.

The actions include:

Give – your time, your words, your presence.

Be Active – Do what you can. Enjoy what you do. Move your mood.

Keep Learning – Embrace new experiences. See opportunities. Surprise yourself.

Take Notice – Appreciate the little things. Savour the moment.

Connect – Talk and listen. Be there. Feel Connected.

And remember, if you are feeling overwhelmed and don't know where to turn, free confidential counselling and support is available through the [Employee Assistance Programme](#) and [Workplace Support](#).

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Prepare for a stormy week ahead

If you haven't seen any news or weather forecasts in the past 24 hours, you should check out the [MetService](#) website and see what the experts are saying about Cyclone Gita, which is scheduled to hit New Zealand from tonight. Despite being downgraded, Gita is still expected to wreak havoc in terms of extremely damaging winds and significant rainfall.

Be prepared for the next emergency – whatever it is, by having a [household emergency plan](#) and ensuring you are prepared to be without power, water and electricity for three or more days.

Ensure your emergency kit is well-stocked, you have a grab bag of essentials and as a family talk about what will happen if the schools and roads are closed. Please pay attention to weather forecasts and if you are planning to travel, check road conditions. If Gita tracks across New Zealand as predicted you may have to re-think plans if they involve travel tomorrow, Wednesday or Thursday.

If you are in a flood-prone or coastal location, think about whether that will affect your ability to get to work, or stay at work. If you work in the community think about what you can do in advance to ensure the people you care for have enough food, water and medications.

If the storm does hit our patch please remember to check-in on vulnerable family members, friends and neighbours. Although we don't know whether Cyclone Gita will impact us, now is a good time to check your emergency kit and make sure you have a supply of food and water and other provisions that you might need in an emergency situation. Civil Defence's [Get Ready Get Thru](#) website is a one-stop source of checklists and sensible advice to help you prepare for whatever happens.

Take care of yourself and look out for others.

Have a great week,



David Meates
CEO Canterbury District Health Board



**Your time,
your words,
your presence**



**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD**



**EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF**



**TALK & LISTEN,
BE THERE,
FEEL CONNECTED**



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



Bouquets

Ward 24, Christchurch Hospital

We have appreciated the care and consideration shown during our loved one's stay with your ward. You have a group of very professional staff and a great ward ethos.

Acute Medical Assessment Unit (AMAU), Intensive Care Unit (ICU) and Ward 14, Christchurch Hospital

My son was admitted to hospital and spent a few hours in AMAU before being admitted to ICU, where he was in critical care for four days. Following this he was moved to Ward 14 for another six days. The staff in all of these areas were just fantastic and we are so grateful for the expert care they have provided to our son. Special mention must be made to Dr Euna Sang who was always giving us up-to-date information on our son's condition and care. The compassion and considerate care we were given as parents of a critically ill son was outstanding and made a very traumatic experience so much easier to bear. The nurses on Ward 14 were fantastic, as were everyone else we encountered – cleaners, food delivery staff etc. Bouquets all around.

Acute Accident Assessment Unit (AMAU) and Ward 23

Yet again I have to write to ask you to pass on my sincere thanks to the staff in the Accident Assessment Unit and more importantly Ward 23. How the ward staff coped and cared for me ... I do not know. Just have to hope that no

one caught the rotavirus from me while I was with them. My family would also like to add on their thanks to all the staff. We just do not understand how anyone can complain about their care when all I have had has been first class.

Bone Marrow Transplant Unit, Christchurch Hospital

What lovely personal attention given to us by the stem cell harvest team. A special thank you to Jen, Liz and Lloyd who made this stressful time so easy to deal with.

Matthew Leeman and Ruth Spearing

I just felt it necessary to enlighten you on the magnificent work done by team M. Leeman and R. Spearing. We don't know much about spleen removal and why but Dr Spearing took her time and explained all the ins and outs, then over to Mr Leeman's team. Same professional manner where he and his team reiterated the situation for which I was about to have, the operation to us was a big thing, but to those who perform it a normal day's work. But thus all was done professionally and correctly. The remaining players of each team were brilliant in every aspect and made me feel confident. Even the nurses who were really great, down to a nurse who came to me at 1:40am after surgery to give me required pills etc plus some TLC. These people (professionals) can only be held in the highest regard, and as servants can only honour them in their fields.

Emergency Department, Christchurch Hospital

The triage nurse was a great help and had a very friendly attitude.

Post Recovery Day Surgery Unit, Christchurch Hospital

Amazingly kind, compassionate and thoughtful nurses who went above and beyond to reassure and provide comfort. In particular – Marie, Claire and Sharon whose thought and care were exemplary. Many, many thanks to the three of them for making the experience so much more tolerable and pleasant than expected.

Ward 24, Christchurch Hospital

The service and staff were exceptional. From the cleaners to the consultants we have felt welcomed and the care our mother/wife has received is wonderful. We have appreciated the kindness and medical care. We were also kept informed throughout this difficult process by the excellent doctors and nurses. Thank you.

Day Surgery Unit, Christchurch Women's Hospital

I would like to say how impressed I am with all the doctors and nurses who played a part in my son's care (not just physically, but mentally and emotionally as well). There was no "rush rush" – they all took their time to explain the 'ins and outs' to my 13-year-old son, myself and his father. My son was feeling very anxious while waiting to be called into

surgery but all the staff were there to reassure him and also help to distract him. Great job guys.

Ward 19, Christchurch Hospital

Nurses in Ward 19 are fantastic!! Super friendly, helpful and attentive. The younger one (unsure of her name sorry) was exceptional. Super bubbly and lit up the room. Everyone loved her.

Ward 24, Christchurch Hospital

I have felt very comforted by the sensitive caring help my mother has been given since her admission from the time she arrived until now. This includes her medical care as well as her general physical care. Our family have been well informed, welcomed and supported. Thank you so much.

Emergency Department (ED), Surgical Assessment and Review Area (SARA) and Ward 16, Christchurch Hospital

I was admitted to the ED by my doctor... I just wanted to thank everyone who helped me on my road to recovery. This includes the ladies on ED reception, the ED department itself, all the people on the SARA ward and Ward 16. I was so well looked after and made to feel so comfortable and cared for. I can't thank everyone concerned enough. Please pass my heartfelt thanks on to all concerned.

Orthopaedics Outpatient Department (OOPD)

After injuring my foot two weeks ago, I was sent up to the department ... for an urgent CT scan as they found three broken bones. I was seen by the doctor named Will (not sure of his last name) and I really appreciated his manners and his ability to explain everything going on, I had long day up there in the waiting room from around 11am til 5:30pm and he was so good at looking after me, constantly coming in to give me updates on my situation and when I was getting a scan etc. It was a very busy day up there for them but I did not at all feel rushed. He made sure he was explaining every part of the process and that I was comfortable enough with pain management etc.

Steven Cull was another doctor on that day and I also wanted to compliment him on his manners as he greeted every new patient in a lovely way and with a big smile. He was a part of my process with my foot and I really appreciated his knowledge, advice giving and caring attitude.

On ... I had to go up to the emergency department as my foot was getting worse and I was sent straight up to OOPD at 10:30pm. I was seen by Dr David Silley. I wanted to send in massive compliments to him. He is the best doctor I have ever experienced up at the hospital. His

manners and etiquette were outstanding, coming in to hear the whole story. I felt like I was being listened to the whole time and I appreciated his patience and understanding when I had multiple questions about my situation. Especially for that late at night, when everyone was getting tired, he was extremely bubbly and outgoing and offering to help in any way he could. My friend who was up with me as well was extremely impressed by him and his attitude towards us. I was so amazed to find a doctor so nice after having so many bad experiences and had to make sure I wrote in to compliment them.

They are outstanding members of staff and should be rewarded with how well they look after patients especially when dealing with broken bones. It may not seem much but they can really affect people. I was really cut up about mine, having to take a whole term off both my jobs while it recovers, and I was not feeling great. They still managed to make me feel at ease about the situation helping me see the positives. I highly appreciate everything they have done for me and I love that I am not dreading going back up next week for an appointment at the fracture clinic as I feel totally at ease with the whole department. Even the receptionists I had were outstanding. What an awesome department!

New Zealand Government

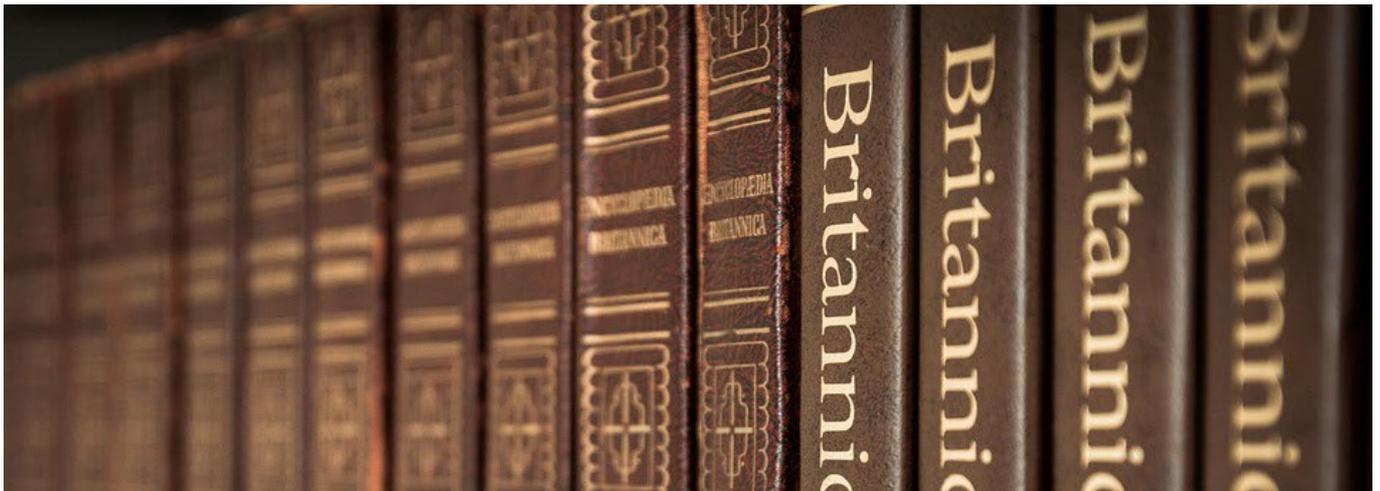
census
Stats^{NZ}

6
March
is census day.

It's time to find out.

Complete yours online on or before 6 March.

census.govt.nz



The Library

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

- » [“HPV vaccine could reduce premature births”](#) – ten years on from the first HPV vaccinations, a New Zealand study has uncovered that the vaccine could be responsible for lowering the rate of premature births. The study showed a 13 percent reduction in premature births in women who had been vaccinated. This research was inspired by another study discovering that placenta infected with HPV led to a premature delivery in 25 percent of cases. From *Newsroom*, published online: 13 February 2018.
- » [“Doctors still outstripping nurses for getting seasonal flu jab”](#) – with the new quadrivalent vaccine due to arrive in late March, focus is turning to how to make sure health care workers get their annual flu shot. With research suggesting that four out of five people with influenza are symptom-free and a currently bad Northern Hemisphere flu season, focus in New Zealand will be on lifting DHB employee vaccination rates from the national average of 66 percent to make sure health care workers aren't adding to patients' or colleagues' health woes. From *HealthCentral.nz*, published online: 14 February 2018.
- » [“Appointment day—the tip of an iceberg”](#) – the author offers a patient perspective on what a rare appointment with a consultant feels like and how we can make things better for them. From *BMJ*, published online: 14 February 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

CARE AROUND THE CLOCK

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

Canterbury
District Health Board
Te Pūnaha Raukura o Waitaha

#carearoundtheclock

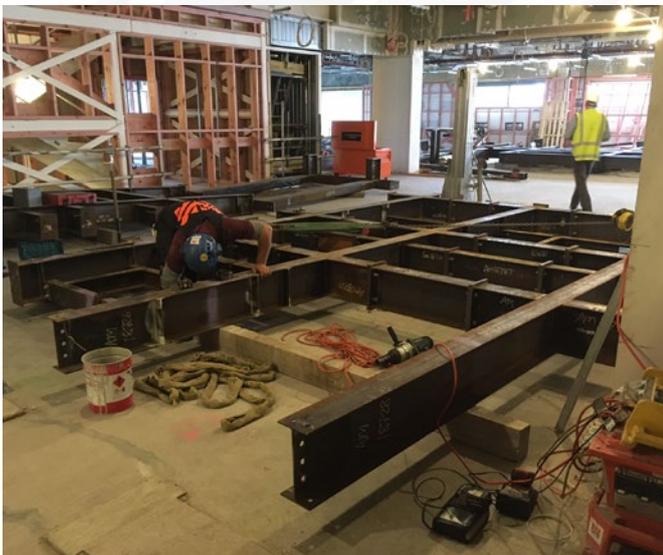
Facilities Fast Facts

Acute Services building

So often, a lot of the craftsmanship and engineering in a complex building such as a hospital is unsung, behind-the-scenes work. A good example of this is the secondary steelwork that is now being put into the ceilings of the interventional radiology department and the hybrid operating theatre. It's called secondary steelwork because it is not part of the building's main frame.

A hybrid operating theatre is a surgical theatre that is also equipped with advanced medical imaging devices – enabling minimally invasive surgery. They are usually used for cardiac, vascular and neurosurgery but can also be used for other types of surgery.

The picture below left shows some of the secondary steel being assembled – like a giant Meccano kit – at floor-level before it is hauled up into the ceiling. The beams will support the weight of the imaging and theatre equipment but will be almost entirely hidden from view.



A view of the front of the Acute Services building, with much of the glass now installed

Christchurch Outpatients

The steelwork for the main entry canopy is now completed and the 40-tonne crane that was doing a lot of the heavy lifting has been taken off site. Contractors are busy inside the building, lining the main public staircase. Externally, a start will be made soon on some of the landscaping and paving.

Nurses' Chapel

Underneath the polythene at the Nurses' Chapel, all the slates have been removed from the roof to reveal the original wooden sarking beneath. The building is also being supported by extensive scaffolding and plywood boxing on the inside.





Major road works in central city

- Avoid unnecessary travel *through* the city. Go *around* via the four avenues.
- Please keep supporting central city businesses—use Madras and Barbadoes Streets to *get into* the city.
- Bus, bike or walk if you can.
- Expect delays. Plan ahead and allow extra time.
- Going to an event? Use tfc.govt.nz to plan your journey.



The big push is on to finish Ōtākaro-led central city transport projects.

We'll be working on three key intersections over six weekends (16 February - 26 March), from 8pm **Friday to 6am Monday**.

Each intersection will be built in two halves, taking two weekends per intersection.

Weekend one starts this Friday and we're working in the Montreal/Tuam Streets intersection.

Montreal Street between Tuam Street and Oxford Terrace is closed. No access to Montreal Street (north) from Moorhouse Avenue. Tuam Street is one lane.

WHEN ARE THINGS FINISHING?

- Durham Street finishes in April.
- Most of 'Hospital Corner' (Tuam Street from Durham Street to Hagley Avenue, parts of St Asaph, Montreal and Antigua Streets finish mid-year. The area known as 'Oxford Gap' (between the Hospital and the new Outpatients building starts in April and finishes in late 2018.
- Avon River Precinct Promenade (Oxford Terrace) finishes in sections throughout 2018.

INTERSECTION 1 – Montreal St

● 16 – 19 February

Montreal Street between Tuam Street and Oxford Terrace is closed. **No access to Montreal Street (north) from Moorhouse Avenue.** Tuam Street is one lane.

● 23 – 26 February

Montreal Street between St Asaph Street and Tuam Street is closed. **No access to Montreal Street (north) from Moorhouse Avenue.** Tuam Street is one lane.

INTERSECTION 2 – Durham St

● 2 – 5 March

Durham Street between Lichfield Street and Tuam Street is closed. Tuam Street is one lane.

● 16 – 19 March

Durham Street between Tuam Street and St Asaph Street is closed. Tuam Street is one lane.

INTERSECTION 3 – St Asaph St

● 9 – 12 March

St Asaph Street between Antigua Street and Hagley Avenue is closed. Antigua Street is one lane.

● 23 – 26 March

St Asaph Street between Montreal Street and Antigua Street is closed. Antigua Street is one lane.

Note: All works are subject to weather. In the event of bad weather, works will be rescheduled.

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BETTER TOGETHER

Destination Outpatients



A reminder that the next Destination Outpatients – Better Together workshop is being held at the Design Lab, Print Place, on Thursday 22 February.

The title of the workshop is The Well-Organised Workplace. Starting with an update on project progress to date, speakers will remind staff about Dumping the Junk and Five S-ing (Sort, Set in order, Shine, Standardise and Sustain) workspaces, before moving on to discuss how the Outpatients building will function in terms of emergency procedures, linen, supplies, waste, and stocking of both clinical and administrative areas, floor by floor. There will also be a presentation on infection prevention and control considerations for the building.

As part of the workshop, life-sized mock-ups have been created of the generic store rooms, the dirty and clean utility rooms, consultation rooms, reception areas and photocopy rooms so that staff can work out the best ways to work in each.

Furniture news

The contract for furniture supply for the building has now been conditionally awarded, which means that new floorplans with revised furniture layouts will be available in the next two to three weeks.



A view from the Outpatients building looking north past Christchurch Hospital's Riverside building

People and Capability Policy Survey launches

Staff shouted out about the things people do at work that they value through the Big Shout Out – now they're invited to say what they think can help make this health system even better.

The **Care Starts Here** programme is looking for staff feedback to strengthen and develop Canterbury DHB's Code of Conduct and People and Capability (P and C) policies – the documents that lay out “how we do things around here” and how the organisation supports you.

Staff can complete a short, anonymous survey to make sure these policies reflect their experiences and expectations. You can access it from today via this link – www.surveymonkey.com/r/carestartshere – which can be opened on PC, phone or tablet at work or at home. After completing it you can also go in the draw to win a range of weekly prizes including vouchers generously donated by Countdown, Beach in Sumner and Zen Sushi & Dumplings in the Arts Centre. The survey closes on Friday 9 March.

Feedback themes from the 2016 Wellbeing survey, completed by 4,000 people, helped identify three key behaviours as important for how we work and care: *Doing the Right Thing*, *Being and Staying Well* and *Valuing Everyone*. In conjunction with staff, our union partners and professional bodies, the core P and C policies will be strengthened to incorporate those behaviours, likeminded organisations' Codes of Conduct and other issues staff think is important.

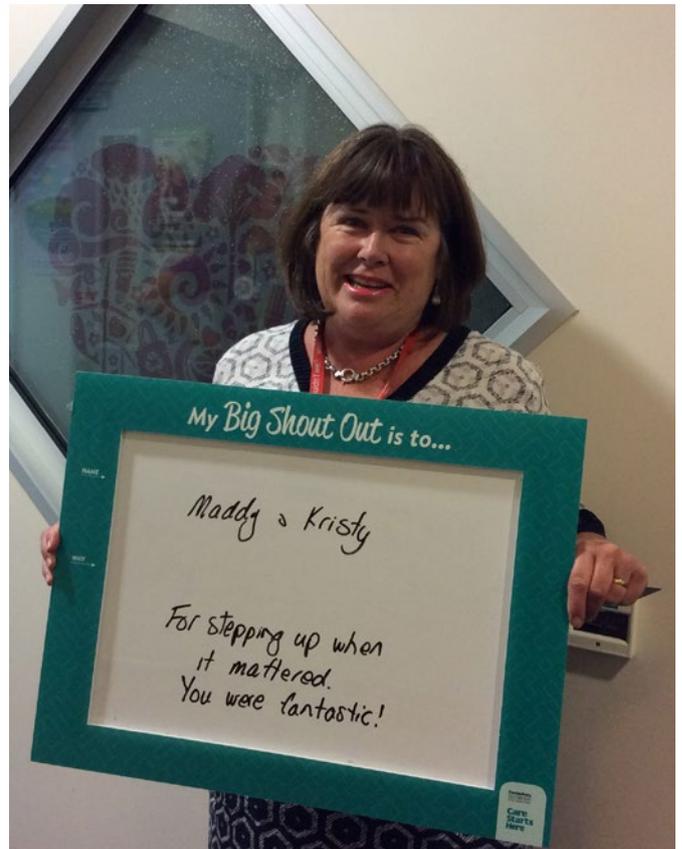
If you would like to provide additional feedback to the survey please email carestartshere@cdhb.health.nz. You can also join the conversation about **Care Starts Here** (and see the massive collection of “Shout Outs” from December) in the staff-only Facebook group: www.facebook.com/groups/CareStartsHere.

Care Starts Here: looking ahead

Big Shout Out 2017 kicked off the **Care Starts Here** programme – what does 2018 hold? Initial plans are:

- » Sharing inspiring personal stories of staff around *Doing the Right Thing*, *Being and Staying Well* and *Valuing Everyone*
- » Release of updated P and C policies and Code of Conduct
- » Various competitions throughout the year from celebrating people *Doing the Right Thing* to a Wellness Challenge for you and your team
- » Regular tools, articles and resources posted on Facebook and the Intranet page
- » Big Shout Out Round Two

Look out for updates via the *CEO Update*, staff-only Facebook group www.facebook.com/groups/CareStartsHere and [Care Starts Here intranet page](#).



Big Shout Out kicked off Care Starts Here in late 2017

Canterbury's Health in all Policies strategy featured in World Health Organization-commissioned book

Two Canterbury Community & Public Health (C&PH) staff have contributed to a book of case studies on Health in All Policies (HiAP) after a request from the World Health Organization (WHO).

The book, called *Progressing the Sustainable Development Goals through Health in All Policies: Case studies from around the world*, arose out of an international HiAP conference held in Adelaide last year.

The chapter "Applying a Health in All Policies approach to the Greater Christchurch Urban Development Strategy: the experience to date in Canterbury", is by Public Health Physician Anna Stevenson and C&PH Team Leader Sandy Brinsdon.

Their chapter is the only one written from a regional organisation's perspective rather than a national one, and the only one that describes a district health board approach.

"This reflects Canterbury's approach of a partnership model with sectors that work outside the district health board. The others are top-down," Anna says.

In the book, Anna and Sandy say HiAP in Canterbury began with efforts to create a local Healthy Cities interagency project modelled on the European WHO Healthy Cities project. A HiAP project officer role was funded for two years and an advisory group formed. Then Canterbury was rocked by several devastating earthquakes.

"In response, all government agencies' workloads and priorities were reoriented immediately. The Ministry of Health recognised a strong champion and resource for a HiAP approach would contribute significantly to long-term community wellbeing."

A HiAP team was created at the Public Health Unit and now having health as part of the conversation and equity as a focus are business as usual for councils "to the point where they no longer recognise these topics as unusual".

Although the future holds many opportunities and challenges, a growing number of practitioners can now 'walk the talk' and begin to make a positive difference to the lives of Cantabrians, New Zealanders and people globally.

"Our approach is certainly a leader in New Zealand," they say.

Jay Weatherill, Premier of South Australia, says the outstanding new book makes clear the imperative to incorporate health concerns into all avenues of public administration and planning, reminding us that human well-being is not a matter for the health sector alone.



From left, Community & Public Health Team Leader, Sandy Brinsdon and Public Health Physician, Anna Stevenson

"We in South Australia have incorporated health into our 10 overarching Economic Priorities, and we have a strong focus on health promotion and (disease) prevention."

It has been at the forefront of their efforts in a wide range of areas, including urban planning, transport, maintaining the natural environment and looking after water resources.

"I commend this volume to all those seeking to lead, to innovate and ultimately to improve people's lives and help communities to thrive," he says.

Tedros Adhanom Ghebreyesus, WHO Director-General, says the global commitment to sustainable development offers a unique opportunity to address the social, economic and political determinants of health and improve the health and well-being of people everywhere.

The book includes more mature and well-known examples of HiAP, including lessons from Finland, New Zealand, Thailand and South Australia, he says.

Newest shared care plan gets personal

The newest in the suite of electronic shared care plans, the Personalised Care Plan (PCP), went live on 14 February.



The plan, which is accessed via HealthOne or Health Connect South, documents patients' needs and goals to achieve better daily health with complex health conditions. The aim is to support patients to work with care teams to coordinate care around their needs and priorities and to make the goals and activities visible to other clinical teams.

The plan includes an overarching statement of what matters most to the patient. Under this sit **14 life areas** such as food/drink/healthy weight or legal/financial. Within each of these life areas, clinical teams can document current **Issues** for the patient, agreed **Goals** to work towards and the **Actions** taken by either the care team or the patient themselves which underpin the goals.

Other shared care plans

The plan is the newest addition to a suite of electronic shared care plans, including the Acute Plan and the Advance Care Plan, which enable a more integrated approach to health care.

The Acute Plan provides information to health providers unfamiliar with a patient who may present with exacerbations of their complex or specific health needs. The patient consents to the sharing of this information and may be involved in writing the plan. This allows safe, effective, patient-centred decision-making with regard to assessment, management and transfer of care.

The Advance Care Plan outlines a patient's wishes about the level and setting of care and treatment they want to receive in the future, particularly towards the end of life or when they are not able to make their own decisions.

The shared care plans enable clinicians from different health services to collaborate and share important information which can improve patient care.

For more information about the plan, including [frequently asked questions](#) and a [quick guide](#) to creating/adding to a PCP, visit the [Collaborative Care pages](#) on the Canterbury Clinical Network website. A step-by-step guide is also available on [HealthPathways](#).

If you have any other questions or comments, email a member of the Collaborative Care Team via rebecca.muir@ccn.health.nz or donna.hahn@ccn.health.nz.

The screenshot shows the 'Personalised Care Plan' interface. At the top, there are navigation tabs for 'Clinical Docs', 'Patient Tasks', 'Care Plans', 'Eclair NW', 'HealthOne', 'Problem List', 'Unapproved Docs', 'Apts', 'Scope', 'Eclair Results', 'Observations', and 'Clinical Reso'. The 'Care Plans' tab is active, showing a 'Personalised Care Plan' with a goal: 'What matters most to the patient at the moment' with the value 'I don't want to go to hospital again'. Below this is a 'Note' section with an information icon and the text 'This Care Plan may be audited for quality purposes.' There are two sections for 'Goals' and 'Actions'. The 'Goals' section shows a goal for 'Daily Activity-Work/Education/Leisure /Exercise' with a status of 'START' and a date of '08-SEP-17'. The 'Actions' section shows a list of actions including 'Perform exercises', 'Practice Nurse to review sleep regime', and 'See GP to review pain medication'.

PCP screenshot landing page

Example: 56-year-old Bridget has social anxiety and inflammatory arthritis. Using the PCP, the care teams can work with Bridget to establish how they can support her to achieve her health goals.

What matters most to the patient at the moment?

To feel confident enough to go to the mall with her daughter

Goals (supporting goals)

- » **Emotional wellbeing/mental health** (life area)
Issues: social phobia, self-conscious of teeth
Goal: to be able to go out comfortably
- » **Managing medicine and other therapy** (life area)
Issues: Forgets to take medications
Goal: Take medications as prescribed at least 80 percent of the time

Actions (needed to achieve goals)

- » **Emotional wellbeing/mental health**
Follow up with the oral health department
Referral to the Anxiety Disorders Unit
- » **Managing medicine and other therapy**
Pharmacy to blister-pack her medicines



Rebecca Muir and Donna Hahn receiving an award late last year on behalf of the Collaborative Care Team

Canterbury Grand Round

Friday, 23 February 2018 – 12.15pm to 1.15pm, with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker: David Nutt, Edmund J Safra Professor of Neuropsychopharmacology at Imperial College, London
“Imaging brain function with PET and MRI – mechanisms of mental illnesses and treatments”

Psychiatry has always been a contentious discipline but in recent years attacks on its underpinning principles as a brain discipline and claims that its treatments are ineffective have become more common. Professor Nutt will discuss the reasons for this and provide the evidence to dismiss most of the more extreme claims by showing the role of brain science and trial evidence underpinning psychiatry is as strong as that of other branches of medicine.

Chair: Caroline Bell

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

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, 2 March 2018
Rolleston Lecture Theatre

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

This talk will be uploaded to the staff [intranet](#) within approximately two weeks. Please check out the [video archive](#) to see more Grand Rounds.

Canterbury DHB a foundation member of Yoogo's electric car sharing scheme

Last week the Art Gallery in Christchurch hosted an unusual temporary installation of some 40 brand-new fully electric BMW and Hyundai cars, as well as staff from 12 foundation member organisations around Christchurch. The Prime Minister, Jacinda Ardern, was also there to launch Christchurch's pioneering fully electric car sharing scheme.

Canterbury DHB is a foundation member of the scheme, along with Christchurch City Council, the Ara Institute, Aurecon, Beca, Chapman Tripp, Christchurch International Airport, Environment Canterbury, Jacobs, Meridian Energy, Tonkin and Taylor, and Warren and Mahoney.

Hyundai Ioniq and BMWi3 vehicles are now available at hubs in the Christchurch Art Gallery car park, the West End car park, and at Christchurch International Airport.

In April, cars will also be available at The Crossing car park, the Ara Institute, University of Canterbury, Papanui and Fendalton libraries, and the Lyttelton Community Centre, by which point there will be 100 battery electric vehicles in use across the city.

Several Canterbury DHB staff have trialled the cars and we are just finalising the paperwork to enable staff to join the scheme for work-related travel. For more information contact Justin Jones in the transport office, ext 66910.



Bronwyn Larsen from Community & Public Health takes a BMW i3 for a silent spin



Right: The Yoogo fleet will eventually comprise around 100 cars – made up of the BMW i3 and (in the background) the larger Hyundai Ioniq

Harry the cat getting results on his weight loss journey

Harry, the cat who calls Burwood Hospital home, continues to make good progress with his weight loss.

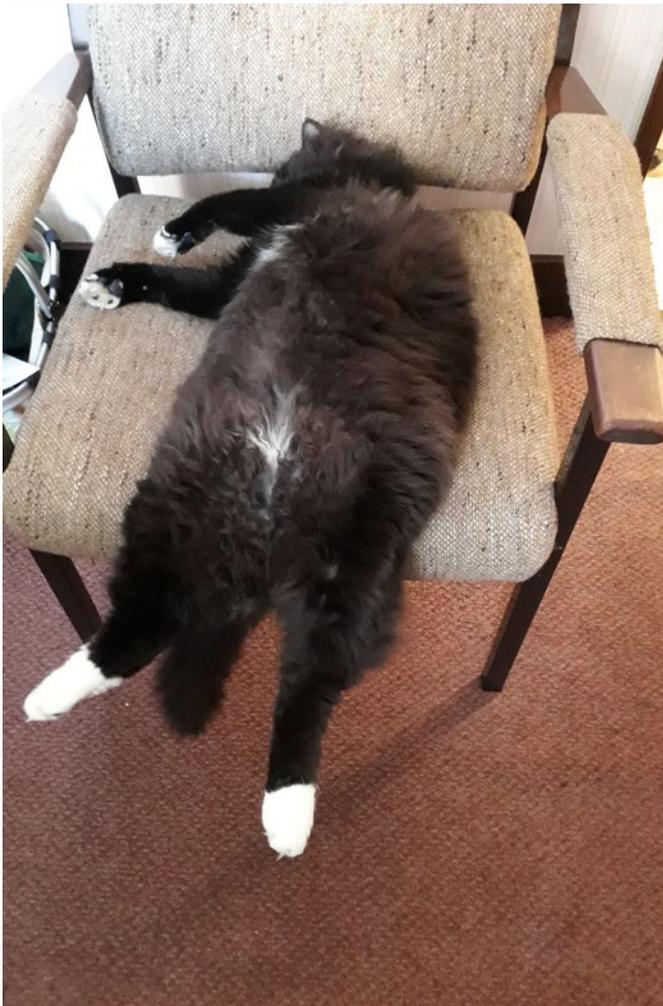
His feline bod is now a much trimmer 6.9kg, compared with his starting point of 8kg.

It is still important that Harry is not fed by anyone outside his scheduled regime as he still needs to lose more weight, so thanks for your support with this. Harry is sporting a short new fur cut to assist him in keeping cool on these hot summer days and nights and to help increase his metabolism.

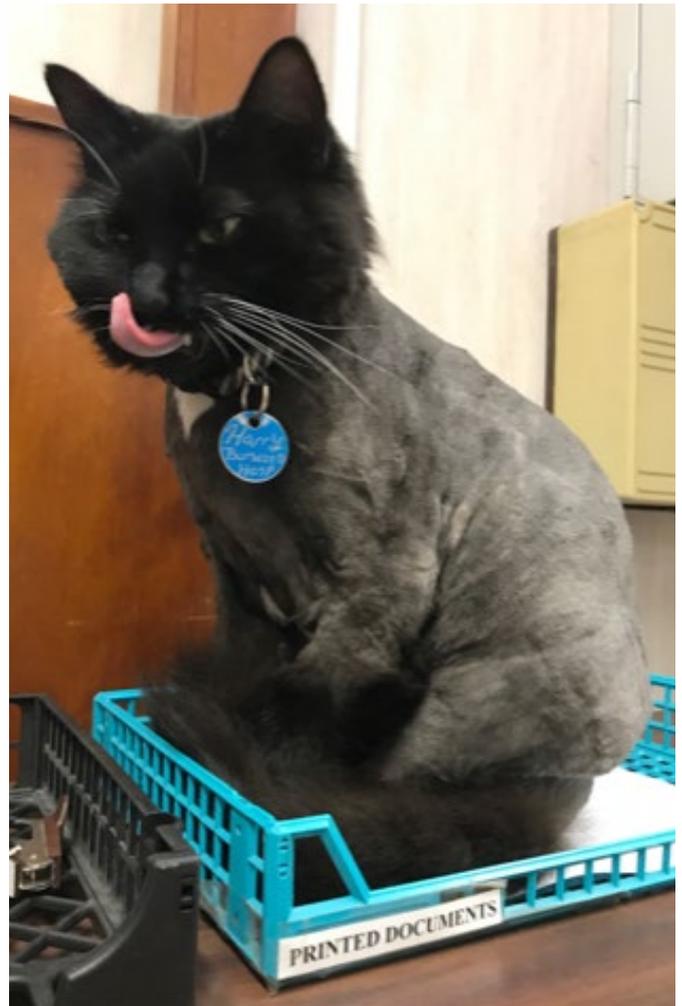
Harry has been resident at Burwood Hospital for five years. He belonged to a family who lived at nearby Tamara Park but he decided that living at Burwood Hospital was more fun than living with two other cats, a couple of kids and a noisy baby, and stopped going home. The family then officially gifted him to Burwood Hospital.

An 18-month photo calendar of Harry is available for purchase for \$15, with all proceeds going towards Harry's vet costs. The first wildly successful print run ran out but a second run will be ordered if there is demand. Please contact Cherie Porter at cherie.porter@cdhb.health.nz if you would like to purchase one.

Anyone who would like to contribute to Harry the Cat's upkeep is welcome to drop a donation off with Joyce at Reception.



Harry Before



Harry After

Aotearoa Bike Challenge progress report

With nine days left to go in the Aotearoa Bike Challenge, over 150 staff are taking part.

This puts Canterbury DHB in 2nd position for percentage of staff participation in Canterbury and 9th position nationally for workplaces with more than 2000 staff.

Keen DHB cyclists have cycled 19,409 kilometres since 1 February as part of the challenge, which aims to encourage people to get on a bike for their work commute or for 10 minutes or more during the month of February.

The department with the most cyclists so far is Planning and Funding with 18.

Planning and Funding Public Health Physician Matthew Reid, one of the participating cyclists, says "I like biking because it's a practical, healthy and environmentally friendly way to get to and from work and to and from work meetings (mostly in town such as at Community and Public Health, Pegasus, University of Otago).

"Parking is much easier than it would be for a car (though we need more room for parking bikes at the corporate office!)."

If just 20 more people hop on their bikes Canterbury DHB can move into 18th place nationally – and you will go in the draw to win a host of cool prizes.

"I'd love more people to do the ABC, especially if it gets them into biking. With many new cycle routes opening up, several people I know have got into biking for the first time when they wouldn't have before because of worries about the traffic," says Matthew.

Whatever your motivation, be it competitive spirit, love of the environment, fitness or trying out your local cycleway – on yer bike, son! See [Canterbury's DHBs latest statistics](#) for the challenge.

Depth and diversity focus of Hauora Māori Scholarships

Applications are open for health scholarships designed to provide opportunities for Māori in the health and disability sector.

Announcing the opening of applications for Hauora Māori Scholarships 2018, Associate Minister of Health Jenny Salesa says the scholarships are a great opportunity for students and health care workers committed to training and excellence.

"These scholarships offer support to assist students to achieve, and to excel in their chosen health career," Jenny Salesa says. She says enhancing and encouraging Māori representation in the health workforce is hugely important so that the system responds effectively to the needs of Māori.

"From community health workers, to dentistry, dietitians, health management and more, these scholarships provide for a range of exciting opportunities.

"The New Zealand health system will benefit from the depth and diversity of recipients."

There are 11 scholarship categories and three special award categories: the Excellence Awards, the John McLeod Award and Te Apa Māreikura Award. The scholarships and awards range in value from \$1000 to \$10,000 each.

To be eligible for a Hauora Māori Scholarship, applicants must be a student enrolled and attending a university, polytechnic, wānanga or private training establishment based in New Zealand and have whakapapa and/or cultural links with Te Ao Māori or Māori communities.

They must demonstrate a commitment to and/or competence in Māori health and wellbeing and be studying a health or disability-related, NZQA accredited course.

Online applications close on 28 March. More details are available on the Ministry of Health website: www.health.govt.nz/our-work/populations/maori-health/hauora-maori-scholarships-2018

Christchurch rheumatologist wins award for easing the pain of gout

Rheumatologist Professor Lisa Stamp has won New Zealand's top medicines research prize, for her research into how increasing dosages of gout medicines can dramatically improve patients' lives.

A study by Professor Stamp showed it was safe and effective to increase doses of a crucial drug for managing gout. It provided clear evidence in an area where there was much confusion worldwide.

Gout is the most common form of inflammatory arthritis, affecting tens of millions worldwide.

Stamp, a Rheumatologist at Canterbury DHB and Professor at the University of Otago, Christchurch, was this month awarded the Medicines New Zealand Value of Medicines Award.

The judges said Stamp's study would have "a high impact on patient care, especially benefitting Māori, Pacific and renal patients." The research would also have a big impact internationally, they said.

In 2016, a group of international gout experts advised doctors not to use higher doses of the drug. Stamp's robust clinical study found using higher doses of allopurinol was safe and could prevent ongoing attacks of the painful disease. It could also help stop the disease from progressing to a chronic state in many patients.

In the study, published in the prestigious journal *Annals of the Rheumatic Diseases*, one group of patients had increased doses, while another group did not. Stamp found the two groups experienced similar rates of side-effects. Those on higher doses of allopurinol had better blood results for a crucial measure of the disease.



Rheumatologist Professor Lisa Stamp

Wellbeing campaign building presence in the Hurunui

The All Right? wellbeing campaign is making its mark on the Hurunui after getting off the ground in October 2017. The campaign aims to help people in the district become more aware of their emotional wellbeing and of the things they can do to improve it.

Working in conjunction with the Hurunui District Council's Community Team, All Right? is an initiative led by the Canterbury District Health Board and the Mental Health Foundation of New Zealand. The programme completes regular, in-depth research into how Cantabrians are doing. This then informs the different aspects of the campaign, from raising awareness among community groups, organisations and businesses, to creating tools that demonstrate the things people can do to improve their wellbeing.



All Right? Health Promoter Leanne Bayler says her focus in leading the campaign's roll-out has been to connect with people in the community to help identify the type of needs they have and how they can best meet it.

"All Right? is much more than the colourful collateral and catchy slogans. It is a way of working with communities to identify and understand their situation and stressors, by empowering them with strategies to get through the tough times and become better equipped to manage their wellbeing."

The campaign will complement the work the council's community team are doing through information sharing which will aid the planning of where in the community the campaign's efforts should be focused.

The council's Community Team Leader, Rochelle Faimalo, says her team is looking forward to further conversations with All Right? in order to best utilise the campaign's resources in the Hurunui, particularly alongside the council's own work in a post-earthquake environment.

"The results of our work with the All Right? team will provide an important connection for our communities still battling issues such as settling insurance claims after the November 2016 earthquake, and go some way to improving the wellbeing of our communities."

All Right? is funded by the Ministry of Health and has also had support from the Ministry of Social Development and many other organisations including the Red Cross.

An end to paper notification when a patient Does Not Attend an appointment

More of Radiology is going paperless. The implementation of electronic orders for Radiology and the associated automatic sending of order status updates to Éclair/Health Connect South means that all information about the status of individual radiology orders is available on line.

When a patient Does Not Attend (DNA) their imaging appointment, a message is sent to the responsible clinician or team for e-sign-off. The message makes clear that further action is required by the referrer. These DNA messages will display in Eclair/HCS against the relevant order.

Although these messages have been in use for some time, Radiology has continued to send paper notifications. This will cease from 1 March 2018.

Individuals and services will need to modify their cancellation management processes if they have been dependent on the paper alerts. It is possible to print from Éclair/HCS. Alternatively there are bookmark and comment functions available to e-sign-off users to help manage reports/status messages where further action is required (a group of people including admin staff can share a bookmark - please contact ISG user support and training for information).

One Minute with... Vanessa Buchan, Service Manager, Patient and Client Services, Canterbury Health Laboratories

What does your job involve?

I lead our patient-facing services and manage the service delivery interface between internal (Canterbury DHB) and external clients (including other DHBs, research groups and private companies). There is also a lot of the “and any other task as reasonably requested by your manager”.

Why did you choose to work in this field?

My initial qualifications are as a medical laboratory scientist. I've always had a passion for science and having been involved with the public health system as a “consumer” of laboratory diagnostics from a young age, it seemed a natural progression to pursue this field. I gravitated towards the public health sector as it fits with my personal values and ethics.

What do you like about it?

I'm a little removed from the hands-on stuff now, but we really do some amazing science here. I'm a bit of a science geek at heart! One of the things I am most passionate about is increasing the awareness that laboratories are not just number generators. Our team, of almost 400, are highly skilled and knowledgeable, whether it's clinical diagnostics, interpretation and advice, or research and development. I'd invite anyone to get in touch and come and see what goes on 'across the road' from Christchurch Hospital – these kind of interdisciplinary conversations are often where great ideas start.

What are the challenging bits?

You just never know what's coming next, I do like to plan and be organised (which is not necessarily obvious if you come into my office), but I don't always get that luxury. On the flip-side, it's taught me a lot about juggling priorities, thinking on my feet and staying calm (now to apply those principles at home with the kids!).

Who inspires you?

Anyone who has integrity and gives their all to continuously improve both themselves and the landscape for those around them, inspires me to keep trying to do the same. I do need to give a special mention to my General Manager Kirsten Beynon, the most ethical, talented, fair and passionate leader I've had the opportunity to work for.

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

These are values that apply both within and outside of my role at Canterbury DHB – believe me, I've had many conversations with my children around this! We're focusing on keeping the patient at the centre of all we do here at Labs. Although we may not often see the patient, we play an important part in their journey, with around 70 percent of clinical decisions



based on lab diagnostics (and almost 100 percent of cancers), so it's important we have a high quality service to ensure the best patient outcomes.

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

My Sister's Keeper by Jodi Picoult. Having worked in the cryopreservation team, including cord blood harvests, for a number of years, it resonated with me.

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

You'd think this would be the easiest one but I am struggling – I'd love to take both our girls to Disneyland. We've taken the eldest but not our youngest. There's something about pure joy on a child's face that is just infectious!

What do you do on a typical Sunday?

Sunday is family time, with two young daughters and two working parents in our household we cherish the time we are all together. Santa left new bikes for our girls (in the lounge – the favourite part of the story as our four-year-old tells it) so we'll likely be out biking for the rest of the summer.

One food I really like is...

Anything (non-spicy) that can suitably be accompanied by guacamole, fresh salsa and sour cream! Oh, and Lindt Lindor chocolate balls.

My favourite music is...

I very rarely get to choose these days but our 10-year-old is currently into Imagine Dragons, The Foo Fighters and The Broods so I hear a lot of those three. I was fortunate to get tickets to Pink, so looking forward to that concert this year.

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

Clinical trial for pregnant women

The University of Otago, in collaboration with Christchurch Women's Hospital, is currently recruiting pregnant women for a clinical trial of a new RSV (respiratory syncytial virus) immunisation. RSV is the virus that causes bronchiolitis in babies and infants, frequently leading to hospital admission. The vaccine or placebo is given to women during the third trimester of pregnancy to protect their babies from severe RSV infection.

This trial is an international study that will determine the efficacy of the vaccine for protecting babies against RSV. We in Christchurch are one of four New Zealand sites taking part in this global trial, now coming into its third year of recruitment. Over 3000 women worldwide have received either vaccine or placebo to date, 150 of whom were recruited in New Zealand.

We are looking to recruit interested, eligible pregnant women, from now until the beginning of July. Potential participants will need to be:

- » Due to give birth between 3rd April – 1 August 2018
- » Aged between 18-40 years old
- » In good general physical health
- » Singleton pregnancies.

We are keen to discuss the trial in more detail if you are interested in participating, or know someone who is, and to answer all your questions.

Please contact Di Leishman, Research Midwife, to arrange a meeting:

Email: di.leishman@otago.ac.nz, phone: 3644 631

We look forward to meeting you!



RSV Vaccine in Pregnancy Study

Does Respiratory Syncytial Virus (RSV) vaccine in pregnancy protect babies against lung disease?

RSV is the leading cause of lung disease in infants and young children and can be serious.

By the age of two, almost all children have been exposed to RSV. RSV illness early in life may also increase the chances of a child developing wheezing and asthma when they are older.

This study is to find out whether giving an RSV vaccine during the last trimester of pregnancy will provide protection in new-born babies against RSV disease.

**Who may be eligible to participate in this RSV Study?
Healthy 18-40 year old pregnant women.**

Interested?

Contact: Di Leishman Research Midwife
Ph: 3644 631 Email: di.leishman@otago.ac.nz



Approved by the Central Health and Disability Ethics Committee



Register now!

Allied Health Scientific and Technical Research Showcase Thursday 1st March 2018

Venue: Rooms 2.3 a and 2.3 b
2nd Floor, Administration
Burwood Hospital

Time: 1300-1630

Registration is free for this exciting professional development opportunity.

The Allied Health Scientific and Technical Research Showcase brings together researchers and clinicians to share, promote and celebrate their research and provides an opportunity for learning, collaboration and professional networking.

If you would like to display a poster of your recent research or quality improvements at the Showcase, please contact Catherine Pawlowski (catherine.pawlowski@cdhb.health.nz) by 19th February. There will be an opportunity for staff to view the posters prior to the start of the programme and during afternoon tea.

Please register to attend the Showcase by emailing Catherine Pawlowski by 23rd February; catherine.pawlowski@cdhb.health.nz

The afternoon will be available via video conference - please arrange to book a venue on a Canterbury DHB or West Coast DHB site and notify Catherine by 19th February.

Please view the full programme on the [intranet](#)