



International best practice training for Canterbury DHB

Last week we were fortunate to host instructors from the Institute of Medical Simulation (IMS), based in Boston, at the Centre of Medical Simulation (CMS). It was the first time this internationally recognised simulation-based education instructor course has been held in New Zealand.

I have no doubt that our clinicians who attended the course left inspired and excited to share their new-found confidence and teaching skills with their colleagues. At the heart of the four-day experience is the idea that educators can share honest helpful feedback respectfully.

The Canterbury Collaborative Simulation Interest Group (CCSIG) is a simulation support network comprising the Defence Force, St John Ambulance, the University of Otago Simulation Centre, Christchurch ARA Institute, private health care providers and primary care. The Group, established after the 2010/11 quakes is still driving significant collaborative initiatives across the South Island. Our thanks go to them for organising the course.

Medical simulation training is another way we can work together towards making fewer mistakes and continually improve patient safety within our system, with the patient at the centre of our health system receiving the right care at the right time and in the right place.

There is increasing evidence that simulation improves the quality of healthcare and reduces adverse patient safety episodes but it needs to be used within an educational framework with teachers that are skilled at designing, running and debriefing (providing feedback). This IMS Instructor course will significantly contribute to the knowledge and skills of our educators within this field. It has been shown that a significant benefit of simulation is the way it deepens learning, and the conversations around knowledge. It provides opportunities to develop our understanding of each other, and how our individual perspectives impact how we each deliver care.

Congratulations to all the new simulation educators who completed this course. They've learnt how to teach clinical, behavioural, and cognitive skills through an intensive immersion in healthcare simulations, and we can't wait for them to widen the simulation training on offer throughout Canterbury and the rest of the South Island.

More on the Institute of Medical Simulation (IMS) visit later in this update.

It definitely feels as though we are heading into that pre-Christmas busy patch now with the 2017 Health Informatics New Zealand (HiNZ) coming up the week after next (look out for updates on our presence there over the coming weeks), Patient Safety Week 2017 and The Quality Improvement and Innovation Awards just around the corner.

Thankfully there will be a chance to breathe and briefly recharge batteries for those lucky enough to get an extra day off this coming Labour Weekend, with the promise of another in Canterbury for Show Day. Take what opportunities you can over the coming days to enjoy the longer days with family and friends and if you need a boost for your morale at work, take pride in our many achievements as a health system on behalf of our patients. Our new Christchurch health precinct facilities are changing daily and there's a real sense of progress and optimism. Who knows, it may even stop raining!

Have a great week,

Mary Gordon
Acting Chief Executive

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An interdisciplinary group of South Island clinicians and the international trainers at last week's simulation instructor training course.



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Facilities Fast Facts

Acute Services building

Testing, testing and more testing has been a guiding principle behind making sure everything in the Acute Services building is fit for purpose. Most recently the facilities team tested a prototype of the fold-down beds that will be in the children's wards for parents to sleep on. Sixty beds are needed to help provide a positive environment for patients and families. Child Health Nursing Director, Lynne Johnson says it's important to provide a space for parents to have a good night's rest to make it easier for them to provide support to their child during the day. Fold-down beds also make things easier for the staff as they are easy to fold away.



Members of Canterbury DHB's Facilities Development team, as well as staff from Infection Control and Nursing talk to Robbie McIntosh of Tiltaway Beds NZ about the prototype parent bed that will be in the children's wards of the Acute Services building

Christchurch Outpatients

The new Outpatients building is rapidly taking shape. The contractors are currently finishing the roof for the plant room and installing the last few seismic dampers in the steel frame. Having got the window installation off to a quick start on the Antigua Street side, they are now concentrating on the windows on the western side of the building.

These photos are from Friday last week.



Installing the glass window panels. Currently they are going up at the rate of around 15 a day



Work on the ground floor docks on the Antigua St side of the building

32 Oxford Terrace

For those of you working at the Christchurch Hospital campus who might be feeling hemmed in by all the building work going on, you're not alone. This was a recent view from the front door of the Corporate Office. The work on Oxford Terrace is part of the Avon River Precinct project.



Health Research Education Facility (HREF)

All concrete pours for the flooring of the HREF building are now complete and external concrete panels are being installed. The large crawler crane next to the Pegasus Arms is expected to be dismantled and moved off site around the end of October.



Bouquets

Ward 27, Christchurch Hospital

Thank you on behalf of my family for the kindness and professionalism that was shown to us whilst my mum was recently a patient. We were overwhelmed by the busyness of the place but the staff still managed to have time to explain everything. Thank you to the doctors for their professionalism also. We were really appreciative of the open visiting as it was easier for Dad to visit anytime and we got to talk to the doctors.

Sarah, Emergency Department, Christchurch Hospital

Nurse Sarah – absolute legend. Prompt and efficient response and really good bedside manner. Cannot compliment her highly enough.

Wards 25 and 10, Christchurch Hospital

I am very impressed with the professional friendly manner toward my treatment. Thank you so very much to every single person involved.

David and team, Acute Medical Assessment Unit (AMAU), Christchurch Hospital

Please could you pass on to David and the AMAU team my sincere appreciation of the service I received yesterday...The team was very efficient and pleasant, and I think the prompt service I received in getting x-rays, electrocardiograms, blood tests etc processed within the eight hours I was there was very impressive. Their collective effort and diligence allowed me to go home the same day. I was also impressed with the ward layout which I felt enabled a high degree of functionality. It reminded me of the Florence Nightingale style wards – a central nurse station with direct line of sight into the bed bays.

Emergency Department (ED), Christchurch Hospital

We went to ED, son came by ambulance, great service. He had neck/back injury and had x-ray/CT scan in quick time. Very informative and compassionate registrar and nurses. Thank you for looking after our son.

Ward B2, Burwood Hospital

To all the doctors, nurses and catering staff in Ward B2. A very heartfelt thanks from ... and his family for all the loving, patient, respectful care and attention you gave him during his five weeks stay with you. It wasn't an easy time for any of us but it was made easier and more bearable by all your wonderful, compassionate and professional care. Our thank you seems so small compared to all you've done but it comes from our hearts.

Vascular and Plastic Surgery departments, Christchurch Hospital

I have been a patient at the hospital for a month and was looked after by the vascular and plastic doctors. My health has deteriorated for quite some time and at one stage it looked like I might lose a leg or toe. I am now on the way to recovery. At the Vascular Unit you have a person named Jessica De Vries who has been absolutely fantastic towards me. She has explained what they may do to help my problem. Her medical knowledge is formidable in my opinion and her attitude towards me was fantastic. I could ring her any time for advice when I was fearful of my condition. I have nothing but praise for all the staff I came into contact with during my stay and subsequent visits for checkups.

Endocrine Test Centre, Christchurch Hospital

I just wanted to express my appreciation and gratitude to the lovely team at the Endocrine Test Centre. I spent a good chunk of the day there having a Miller test and they are such a great team – very kind, patiently answered all my questions, really responsive, and took great care of me, despite being flat out pretty much all day. Viv mainly looked after me but they were all really nice – listening to their interactions with the other patients you could tell they are genuinely lovely people who really care about their patients and try to provide the best standard of care possible. I was a little anxious about this test and they made me feel really relaxed and changed what could have been a horrible experience into a positive one. Very grateful.

Surgical Review and Assessment Area (SARA) and Ward 15, Christchurch Hospital

I was admitted to SARA Monday morning and the staff couldn't have been more understanding, from Amy to Bridgett and Rosie – amazing. I was kept informed the whole time and then transferred to Ward 15 before surgery. Anaesthetist and surgery staff were awesome, aftercare amazing, then back to Ward 15 for the night and next day. Karen and Lucy looked after me and were brilliant. Felt so sorry for the team on Ward 15 as had two difficult male patients in my room and they all had the patience of a saint. Great work team and am so glad I am in the public health system as I have been for the past 36 years with Crohn's. Couldn't ask for a better health system. Keep up the good work.



The Library

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

- » [“Rats used to spread the black death. Now, poverty plays a role.”](#) – Madagascar, where more than 92 percent of the population earns less than \$2 a day, is experiencing its deadliest plague outbreak in years. While it commonly sees bubonic plague cases, this outbreak is pneumonic, with 194 cases and 33 deaths. This plague shares the same bacterium, *Yersinia pestis*, which caused the “Black Death” pandemic in Europe during the 14th century. From *The Washington Post*, published online: 7 October 2017.
- » [“Groundbreaking Leukaemia Treatment ‘a Whole New Approach’ to Fighting Cancer”](#) – the Food and Drug Administration in the US has approved a CAR-T cell therapy for acute lymphoblastic leukaemia, the first gene therapy to go to market there. A study with patients who all had leukaemia that had relapsed or was resistant to other forms of therapy found 82 percent went into remission, with 60 percent surviving leukaemia-free for at least six months post-therapy. From *Michigan Health Lab*, published online: 31 August 2017.
- » [“Sex medicine: treating men and women differently”](#) – heart disease is the biggest killer of women in New Zealand. A new book suggests that failing to recognise the symptoms of heart attack that women experience as opposed to those often experienced by men, could be a factor. From *Radio New Zealand*, published online: 7 October 2017.

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

Practice makes perfect

While there is a lot to be said for on the job training, there are some instances where the opposite is true and you need the experience before you do the job. Healthcare is one of those professions where patients need to have the utmost confidence in the people attending to them. That’s what makes simulation training an incredibly valuable training tool for health care staff.

Last week, at least 20 clinicians from Canterbury and Southern DHBs and St John were put through their paces by faculty members from the Boston-based Centre for Medical Simulation (CMS). It’s the first time the CMS has run one of its internationally recognised Simulation as a Teaching Tool courses in New Zealand.

CMS faculty members Dr Demian Szyld (Senior Director), Dr Robert Simon (Senior Director Educational Leadership and International Programmes) and Julian van Dijk (Simulation Coordinator at St Vincent’s Hospital in Melbourne) facilitated the course.

Being able to have highly trained simulation instructors is an important part of the Canterbury Health System’s future, says Executive Director of Allied Health Stella Ward. “This course builds on our capability and provides us with the opportunity to learn from international experts in order to deliver a broader range of clinical simulation activities. We are building an entire floor for supporting clinical simulation as part of the Health Research and Education facility (HREF) where undergraduate trainees will also have the same level of access as our qualified



CDHB NetP Nurse Educator Stephanie Cook and Senior Nursing Lecturer at Ara, Julie Bowen-Withington

healthcare professionals. It will also support our continued focus on interprofessional practice and positive team interactions – coming together as a team that delivers care to patients in a clinical simulation that will improve how we work together.”

Dr Simon said a key part of the training was teaching how to have difficult conversations.

“We want to enhance people’s ability to do that. If learning to say difficult things becomes normal, things will change, and imagine how much nicer that will be.”

NetP Nurse Educator Stephanie Cook says the first day of the four-day course had been enlightening. “The debriefings are really useful, especially to have the chance to talk with the faculty members to consolidate the day’s learnings.”

Julie Bowen-Withington, Senior Nursing Lecturer at ARA, says it was the first time she had been in a simulated instructor training course that had included such a diverse group of clinicians. “There are people across different disciplines and areas, including St John and ED.”

Both say it was a privilege to have the internationally-recognised team from Boston in Christchurch, and while the day was long it had been engaging and interactive.

The interdisciplinary nature of the group was also highlighted by Canterbury DHB ED Emergency Medicine Consultant Laura Joyce who says because the team in ED works closely with St John everyday it makes sense to train together to better understand the different functions of each service.

A group of clinicians from Southern DHB was also part of the group, led by anaesthetist Elaine Clark who says the course has been really useful and informative.

Neonatal Medical Specialist Maggie Meeks says there is strong evidence that simulation training, rather than just lecture-based training, is one of the more effective tools in upskilling health care staff. “Health care training is complex, so simulation can help staff prepare for events that may happen less frequently.”

The course was organised by the Canterbury Collaborative Simulation Interest Group (CCSIG) – a simulation support network established after the 2010/11 quakes comprising the Defence Force, St John Ambulance, University of Otago Simulation Centre, Christchurch, ARA Institute, private health care providers and primary care.



The team from South Canterbury District Health Board: (from left) Beth Williams (Anaesthetist Technician), Megan Stark (Nurse Educator), Tracey Reid (Nurse Educator), Jo Saunders (Nurse Educator), Donna Schrader (ED Nurse) and Elaine Clark (Anaesthetist)



Christine Beasely (Canterbury DHB Coordinator Clinical Skills), Dr Demian Szyld (CMS Senior Director), Stella Ward (Canterbury DHB Executive Director Allied Health), Dr Robert Simon (CMS Senior Director – Educational Leadership), and Dr Maggie Meeks (Canterbury DHB Medical Specialist)

BETTER TOGETHER

Destination Outpatients



An update on clinical space allocations

The Christchurch Outpatients and Ambulatory Services Team (COAST) is currently working through drafts of clinic room allocation for the new building. This is a complicated task – a bit like a game of 3-D chess – involving multiple services of varying sizes allocated across several dozen rooms on each floor of a 5-storey building. The COAST team, in conjunction with clinical staff, is devising a booking system and standard room booking procedures. This work is being supported by Andrew Wells, a production planner with the Organisational Development Unit.



One of the shared workspaces on Level 1

An update on the shared workspaces

Plans showing who sits where in the shared workspaces are being drawn up but are not final because the exact furniture specifications are not yet known. Rest assured that as soon as the COAST team can share final floor layouts, we will! In the meantime, indicative floor layouts are available [on the intranet](#).

Workplace support – helping you to negotiate change

Staff and managers can make use of the Canterbury DHB's Workplace Support team to help steer a path through all the changes ahead. For more information contact Liz Stirling via the [Staff Wellbeing page](#) on the intranet – click on the Workplace Support link.

Take a look behind the framing

The COAST team took its meeting off site on Friday and went for a walk around the Christchurch Outpatients building to check progress on the construction.



Above: Seismic engineering has been a key part of the design of the Christchurch Outpatients. This photo shows the angle bracing brackets that secure the walls and services in place and one of the big seismic dampers that absorb energy during a seismic event

Right: Members of the COAST team donned highviz and safety helmets on a site visit last week



Canterbury above average in maternity quality and safety

The latest Maternity Quality and Safety report gives a comprehensive overview of maternity service activity, clinical performance and quality initiatives undertaken during the year.

Analysis of the Ministry of Health's maternity clinical indicators and local data by the multidisciplinary team shows a high level of safety for both mothers and babies in Canterbury and that these continue to be above average for New Zealand.

Data for almost all the indicators show continuing improvement compared with the previous 2014 figures although there are a number of key areas that we need to work on which are features of our work programme for 2017/18.

The Maternity Quality and Safety Programme (MQSP) has a dedicated coordinator and provides a 'transalpine' governance structure that ensures a systematic review of clinical outcomes and monitoring of key safety measures.

Canterbury DHB Maternity Quality Safety Programme (MQSP) Coordinator Sam Burke says the programme ensures that maternity quality activities are prioritised, planned and developed when required and that progress is reported.

"This report shows progress in pursuit of our goal of providing evidence-informed practice and effective communication within a woman-centred service, delivering the best outcomes for all pregnant women cared for and babies born within Canterbury DHB."

Other key points from the report are:

- » Review of the 2015 Ministry of Health maternity clinical indicators have identified some areas for further review, and these are included in the 2017/18 priorities and action plan.
- » Consumer engagement has been a priority for the maternity service to make sure Canterbury DHB is representative of our changing population and ensuring Māori representation.

There are number of quality projects showcased in the report that have improved the woman's experience by reviewing what we do, reducing variation and being evidence-based. These projects include:

- » Development of an inpatient mental health pathway.
- » Formation of a Maternity Consumer Advisory Forum. The first meeting was held in July and we look forward to the quarterly meetings of this forum having increased representation from groups throughout the Canterbury Health System who have an interest particularly in maternity services. We are also encouraged by the increasing interest from Tangata Whenua.
- » Use of social media to increase consumer engagement, give up-to-date information to the community, and provide a feedback mechanism.

Read more here:

www.cdhb.health.nz/Hospitals-Services/maternity-services/Pages/Maternity-Quality-and-Safety-Programme-Annual-Reports.aspx



Sonographer of the Year

Canterbury DHB Radiology Service Charge Sonographer Rex de Ryke has been selected as Australasian Sonographer of the Year.

The Australasian Society for Ultrasound in Medicine (ASUM) nominated and selected Rex in its 2017 Awards of Excellence in Ultrasound. Rex received the award at the ASUM Gala dinner in Melbourne.

Rex says it was quite a surprise to win the award and a sincere honour “especially since it is given by my colleagues who I have such respect and admiration for”.

Canterbury DHB Chief of Radiology Sharyn MacDonald says we are very fortunate to have Rex as part of our team.

“In addition to patients and colleagues benefiting from his technical expertise, he has been an inspirational leader within the Radiology service and beyond it, including establishing workflows, creating a quality framework and providing peer support to point of care ultrasound in services outside of Radiology.”



From left, ASUM president George Condous, Canterbury DHB Radiology Service Charge Sonographer Rex de Ryke, and ASUM CEO Lyndal Macpherson

ASUM CEO Lyndal Macpherson says it is an honour to be recognised by colleagues and peers, and Rex received more than one nomination, which she had not seen before.

“Rex is a valued ASUM member. This award speaks highly as to how well he has applied himself both academically and clinically.”

Clinical Manager Radiology Philippa Francis says Rex leads a team of 19 sonographers spanning four sites at Canterbury DHB. “He is seen as an expert and mentor in his field, sought after for his skills and knowledge. Congratulations Rex, well deserved.”

In November 2012, Rex won two prestigious awards from ASUM. One was an Honorary Fellowship award for his continuous contributions to the society in ultrasound education and for promoting excellence in diagnostic ultrasound. The other was a special Humanitarian award for the use of ultrasound in a mass trauma event – the February 22 Christchurch earthquakes – and for teaching and sharing experiences gained during these events with the wider ultrasound community.

Rex is active in all fields of diagnostic ultrasound, having a special interest in acute diagnosis, vascular problem solving, and fetal medicine (in particular fetal echocardiography and neurosonography).

He has been on the ASUM board of examiners, is a past Chair of ASUM New Zealand, and continues to be involved with the organisation and convening of numerous ultrasound events in New Zealand.

Rex is an avid proponent of sonographer career development and student support and growth.

Nursing awards presented on Emergency Department annual open day

An Emergency Department (ED) nurse whose first day of work was February 22, 2011, when Christchurch was devastated by a 6.3 magnitude earthquake, has received an excellence in emergency nursing award.

Registered Nurse Kiri Thomson spent a decade working in the medical cluster before her first day on the job in ED on February 22.

“Miraculously she returned on February 23rd,” says ED Nurse Manager Anne Esson.

Kiri was presented with the Paul O’Donovan Memorial Cup for Clinical Excellence on ED’s annual Open Day, which is held on International Emergency Nurses Day.

Kiri demonstrates excellent assessment skills and accompanies these with thorough documentation, Anne says.

“She has the skills and knowledge to work autonomously but at the same time asks for assistance when required, to complete treatments.”

She is always cheerful, kind and caring, willing to help others and assist new staff and students in their practice.

A second award was introduced this year – the ‘Making a Difference’ award, which celebrates innovation.

“We are fortunate to have many people in ED who are always looking at ways in which we can do things differently, better and with flair,” Anne says.

The winner of the 2017 ‘Making a Difference’ award is Polly Grainger who has worked in ED since 2002.

“Polly works diligently and with tenacity to create new processes, tools and documents which assist us to provide the best care we can for our patients.”

Her work affects all the ED staff and the demand for her expertise is illustrated by the queue of people outside her door. She is very generous with her time: regardless of how busy she is, she will always take time to share her knowledge with her colleagues, Anne says.

ED’s open day was a great success. Twenty-five staff from various areas across Canterbury DHB including Food Services, Information Services Group, the Resident Doctors Unit, and the Diabetes and Orthopaedic departments took up the invitation to tour ED and learn more about how it works.

Four people arranged to work alongside nursing and clerical staff to gain a deeper understanding of ED’s work and processes.

It may be the last open day in the current facility, pending the move to the new ED in the Acute Services Building, Anne says.



Excellence in Emergency Nursing Award winners. From left, Polly Grainger, recipient of the Making a Difference award and Kiri Thomson, recipient of the Paul O’Donovan Memorial Cup



Centre, Kiri Thomson, winner of the Paul O’Donovan Memorial Cup for Excellence in Emergency Nursing, with past recipient winners, from left, Emily Fielder, Donna Brown, Barbara Nelson, Kate Cooper (inaugural recipient) and Vera Fortune



Kiri Thomson, with her son, Jourdain

Opportunity to learn about 3D printing with local expert

An introductory 3D Printing in Medicine course for the local medical community is being held in Christchurch next month by Associate Professor Tim Woodfield from the University of Otago, Christchurch.

Creativity and collaboration are hallmarks of Tim's research career.

He innovated a computer interface for translating CT scans into patient-specific porous implants using the (then) fledgling discipline of 3D-bioprinting. This opened up possibilities for customisable, mechanically-robust treatment options that could be seeded with a patient's own healing fluids and cells, helping to 'instruct' the body to self-repair.

His early work is considered foundational by leading researchers of additive manufacturing and biofabrication internationally.

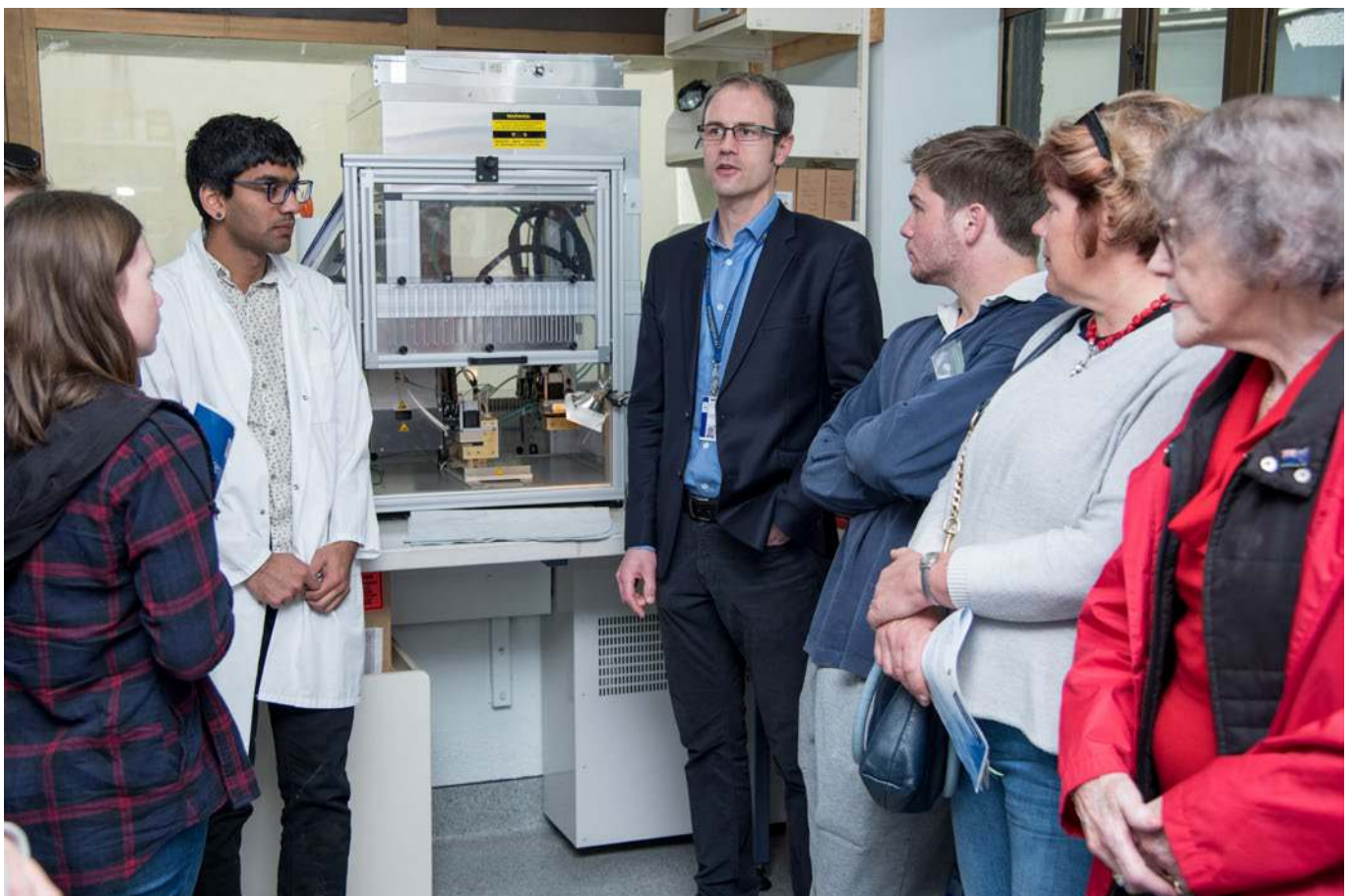
Today, Tim leads an interdisciplinary team of researchers called the Christchurch Regenerative Medicine and Tissue Engineering (CReaTE) research group.

The University of Otago, Christchurch group works closely with Canterbury DHB orthopaedic surgeons. CReaTE investigates stem cell and biomaterial-based strategies to develop biomaterial scaffolds, new orthopaedic medical devices and cell-based therapies.

They use 3D bioprinting technologies, explore bio-ink developments, and advances in 3D tissue culture models.

Tim has developed a three-day introductory 3D Printing in Medicine course for the local medical community. It will run from 20-22 November in Christchurch and include talks by international and national experts.

To find out more or register, visit www.otago.ac.nz/3dprintmedicine



Associate Professor Tim Woodfield (centre) discusses bioprinting at the University of Otago, Christchurch's recent open day

Suicide prevention hui showcases Canterbury's integrated approach

On September 15th over 800 people attended the 3rd Waitaha Suicide Prevention Action Group (WSPA) suicide prevention hui at the Celebration Church in Aranui.

WSPA formed in 2011 and is an open group of organisations that collaborate on suicide prevention activities in Canterbury. He Waka Tapu play a leading role, hosting WSPA and committing resources to the annual suicide symposiums.

He Waka Tapu Chief Executive Dallas Hibbs says all institutions, including Government-funded services, families, and peer groups need to work together with love, empathy, endurance and skill to help people step back from “the precipice”.

“This hui – All peoples All communities – was an opportunity to build the relationships we need for an integrated approach and we had senior Canterbury DHB clinicians mixing with communities and people sharing their personal experiences of loss and hope.”

Suicide Prevention Coordinator David Cairns said from its inception, WSPA's aim for the hui was for it to be different in three ways.

“Firstly, suicide is not just about numbers – it is about people and communities. Secondly, we wanted to portray hope, not despair, and thirdly, we wanted it to be accessible to all.”

The first hui, held in 2015, attracted 150 people who readily identified it as different; they felt empowered and energised to move to action. The second attracted over 400 with equal success. The networks and relationships that came from that hui were of real value.

“This year the hui had a broader reach and we ran four workstreams to incorporate clinical, community, youth and iwi perspectives,” he says.

With the help of major funders including He Waka Tapu, Canterbury DHB and Pegasus Health, WSPA was again able to make the hui free to anyone who wanted to attend.

“Perhaps the highlight of the day was the fellowship of 800 people meeting and sharing lunch on a beautiful Christchurch day.”

The speakers provided a mix of clinical, academic and lived experiences.



Speakers at the suicide prevention hui

Canterbury Grand Round

Friday, 20 October 2017 – 12.15pm to 1.15pm, with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker 1: Michelle Vaughan, Medical Oncology
“Scary Conversations: Discussing Prognosis”

Do patients want to know how long they’ll live? Do we make them depressed and anxious, lose hope and dislike us if we tell them? The evidence will be discussed.

Speaker 2: Harith Swadi, Clinical Director, Child & Adolescent Mental Health Service

“CAMH Specialist Services: Solutions needed for unrealistic expectations”

Nationwide, Child and Adolescent Mental Health services are under the pump; especially in Canterbury. Why? Are the expectations fair? What needs to happen to address that?

Chair: Ruth Spearing

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

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

Video Conference set up in:

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

All staff and students welcome

Next is – Friday, 27 October 2017 (Rolleston Lecture Theatre)

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

Staff Wellbeing Programme

Only three chances left to attend either the Wellbeing or Strengths workshops this year

Due to popular demand we have coordinated these last three workshops for you. Register as soon as possible via [HealthLearn](#), links below or email Lee Tuki, Staff Wellbeing Coordinator, Canterbury and West Coast District Health Boards, for more information at lee.tuki@cdhb.health.nz.

Last [Wellbeing Workshop](#) for 2017: **Recent participant comment** ... *I think it was wonderful to see that we had all come for different reasons, but it felt like we all benefited in some way. Knowing about wellbeing and applying it are two different things. I would recommend this to my colleagues.*

- » Friday 10 November, Community & Public Health, 9.30am–12noon

Last [Strengths Workshops](#) for 2017: **Recent participant comment** ... *Discovering my signature strengths and lesser strengths. Also recognising and appreciating the strengths of other people that I interact with. Will help me to explore ways to build on these and help me to understand myself better.*

- » Wednesday 8 November, Ashburton Hospital, 9.15am–11.45am
- » Friday 10 November, Community & Public Health, 1pm–3.30pm

Free blood typing for potential blood donors this week

The Missing Type campaign by the NZ Blood Service runs this week to draw attention to the need for new blood donors.

During the week the service and many supporters are removing the letters A and O from communication materials as they identify the most common ABO blood groups.

Find out your blood type and get on the path to becoming a donor at the following locations (and tell your friends):

Blood Donor Centre

15 Lester Lane, Addington

Monday 16 October – Friday 20 October, [Donor Centre opening hours](#)

Cashel Street Mall

Christchurch City

Friday 20 October, 11am – 2pm-



#NZBLOOD #MISSINGTYPE NZBLOOD

Did y-u kn-w?

Eligibility

- » Donors must meet the donor eligibility criteria to donate blood in New Zealand.
- » These criteria can be found on the website at www.nzblood.co.nz

Blood Donation Stats

- » One whole blood donation has the potential to save three lives
- » Kiwi donors gave blood 164,000 times between 1 July 2016 – 30 June 2017
- » There is no alternative for patients in need of blood or blood products – blood donors save lives
- » Last year donors saved and improved the lives of 27,000 people in New Zealand
- » Every year more than 20,000 people leave the donor registry for a variety of different reason including age, ill health, pregnancy, overseas travel, personal choice – whatever the reason, it means there is a constant need for new donors
- » 85 percent of Kiwis are A and O blood groups – the types that are most in demand
- » Over 50 percent of Kiwis don't know their blood type
- » Who needs the blood: (whole blood, plasma and platelets)
 - » 28 percent – cancer patients
 - » 24 percent – other medical conditions and surgical treatments
 - » 19 percent – accident victims
 - » 13 percent – liver, kidney and heart disease
 - » Six percent – bone surgery
 - » Five percent – pregnant women and babies
 - » Three percent – children, including those with cancer
- » There were 881 mobile blood drives in 2016/2017
- » 50 percent of all whole blood donations in New Zealand are collected on mobile drives

One minute with... Steve Withington, Rural Hospital Medical Specialist, Ashburton Hospital

What does your job involve?

I work in a small team of rural hospital specialists, together with our lively group of resident medical officers, nursing and allied health colleagues, to provide a very broad range of care to all those presenting to Ashburton Hospital. Whether severe emergencies or chronic care issues, very young or very old, medical or surgical, rehabilitation or palliative care – rural hospital medicine covers the lot.

Why did you choose to work in this field?

When I first returned from working in rural Bangladesh for eight years a job came up in Ashburton, I jumped at it, and am still here. Since then the hospital has transitioned to a fully generalist rural hospital, and I enjoy the challenge of continuous learning across such a breadth of medicine.

What do you like about it?

Working in a small hospital means you know everyone, and have the opportunity to work together in a really collaborative way. We also have the chance to do things a bit differently, to create solutions for rural contexts, such as the recent Rural Inter-professional Simulation Course (RiSC) course on managing trauma in rural inter-professional teams using rural-based simulation.

What are the challenging bits?

I rarely find myself in a 'comfort zone,' as there are so many aspects of rural generalist care to seek to keep abreast of, to be able to manage emergencies, refer appropriately, problem-solve in complex cases, and manage a growing caseload, as well as teaching and training responsibilities.

Who inspires you?

An orthopaedic surgeon named Paul Brand, who I had the privilege to meet in 2000 in India. He worked in a very multidisciplinary way, on several continents, across cultures, applying himself to the neglected fields of leprosy and diabetic neuropathy.

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?

A foundation of care and respect for everyone is crucial to understanding our diverse group of patients' needs, hopes and plans. Integrity and responsibility for outcomes includes acknowledging that we can still do better, and aim for ongoing improvement in knowledge, skills, teamwork, communication, shared decisions, patient-centredness, self-care and mutual care.

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

Miracles by C.S Lewis.



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

On the border of Bangladesh and Myanmar helping out a few Rohingya refugees.

What do you do on a typical Sunday?

Sleep in, go to my local church, catch up with friends there, enjoy a long walk with my wife Juan, read a novel, and enjoy a meal with our growing family – including our first grandchild.

One food I really like is...

Korean mixed rice, bulgogi, and kimchee.

My favourite music is...

Easy listening, e.g. Simon and Garfunkel, Stevie Wonder.

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

Problem-solving the Healthy Christchurch way

Healthy Christchurch hosted an interactive lunchtime seminar on conflict resolution last week.

Led by Gay Pavelka, who draws on more than 30 years' experience providing mediation and facilitation services, the seminar focused on two main pathways for resolving conflict – problem-to-problem solving and appreciative inquiry.

The 28 participants, many in leadership positions, explored the two strategies and how they might apply to situations from interpersonal disagreements to wider organisational or community tensions. Organisations present ranged from Canterbury DHB to the Ministry of Social Development and a variety of community organisations.



"I came away observing that we need tools to connect and most importantly to listen," says Meg Logan from Christchurch City Council.

The insights offered and explored in a short hour in small groups around a table created a safe venue to encourage participants to practice these tools.

Tools are more important than concepts.

"For example, the session today affirmed my own practice of encouraging simple reflective listening as a means to engage and acknowledge", Meg Logan says.

Healthy Christchurch is a Canterbury DHB-led intersectoral collaborative partnership with over 200 signatory organisations, based on the World Health Organization's Healthy Cities model.

Community & Public Health organises the free lunchtime hui throughout the year. Two more seminars are planned for 2017:

- » Arthritis Foundation – Tuesday 31 October
- » SmokeFree Canterbury – Te Ha Waitaha – Tuesday 7 November

More information is available from tracy.abbot@cdhb.health.nz.

Kia ora budding female surgeons!

Interested in a career in surgery? Want to get top tips on applying, selection and surviving the training scheme?

Wāhine Connect is a national mentoring network for women in medicine and health, designed to help create communities of women to support each other both professionally and personally. www.wahineconnect.nz

Wāhine Connect is hosting a 'So you want to be a surgeon' webinar, to be held on 6 November, 7.30pm – 9pm.

The panel will include: Nikki Hooper (orthopedic trainee), Rebecca Garland (ENT surgeon and chair of New Zealand training, ENT) and Amiria Lynch, (paediatric surgeon, Melbourne).

If this sounds like you and you would like to participate, email juliet@wahineconnect.nz with Webinar Surgery in the subject, and list three questions you'd love to have answered.



Enrolments are open for the Ngā Manukura o Āpōpō: Clinical Leadership Programme for Māori nurses and midwives in 2018

The Clinical Leadership Programme has been running since 2010 and has a strong reputation for contributing to building the leadership capacity and capability of Māori nurses and midwives.

For participants to be eligible for the programme, they must meet the following criteria:

- » identify as Māori
- » have a current Annual Practising Certificate for Nursing or Midwifery
- » committed to positive health outcomes for Māori
- » committed to attending all four noho Marae
- » have the support of your employer (if applicable)
- » committed to completing the programme.

Details for the programme are at www.digitalindigenous.com/ng257-manukura-o-256p333p333.html

Enrolment form available at www.digitalindigenous.com/enrolment---ng257-manukura-o-256p333p333.html

There will be two cohorts in 2018. The first cohort dates are:

- » Wānanga Tuatahi: 22 & 23 March 2018
- » Wānanga Tuarua: 26 & 27 April 2018
- » Wānanga Tuatoru: 31 May & 1 June 2018
- » Wānanga Tuawhā: 28 & 29 June 2018

The second cohort will start in August – November 2018.

The programme costs are covered. You/your organisation need to release you for the training days, and contribute a small koha to the marae on the day of the powhiri as part of the powhiri process (e.g. \$10 – \$20).

The wānanga consists of eight days (4 x two-day wananga) and will be at Tūrangawaewae Marae, Ngāruawāhia.

Start times are 9am on the Thursday and finish at 3pm on the Friday. We work through the evenings and participants are expected to stay at Tūrangawaewae marae.

Nursing Workforce Development Team has two exciting senior nursing opportunities available now

Please use the links below to find out more.

Permanent Full Time Role – Nurse Coordinator – Postgraduate Nursing Education:

<https://cdhb.carecentre.net.nz/Job/Nurse-Coordinator-Postgraduate-Nursing-Education/Christchurch/10832>

12-month Secondment FTE 0.8 – 1.0 flexibility – Nurse Coordinator – Aged Residential Care (ARC):

<https://cdhb.carecentre.net.nz/Job/Nurse-Coordinator-Nursing-Workforce-Development-Aged-Residential-Care-ARC-/Christchurch/10830>

Vote now on poster submissions

All Canterbury DHB staff can vote on the winner for the People's Choice Poster Award for the 2017 Quality Improvement and Innovation Awards

The 17 posters are displayed on the Quality and Patient Safety intranet site on <http://cdhbintranet/corporate/Quality/SitePages/Poster-Entrants-Quality-Awards.aspx>. Voting will close on Friday 20 October 2017.

To vote:

- » Review the posters by clicking on each poster's link.
- » Once you have reviewed all the posters and made your choice, click on the survey link at the top of the page and enter your vote.

In 2015 the poster category was introduced into the Quality Improvement and Innovation Awards, giving the opportunity to recognise and celebrate a broad range of improvements. The submissions are assessed for how well they meet specific criteria; identifying the need and following the PDSA (Plan, Do, Study, Act) process for improvement approach.

A big thank you to staff who submitted posters! Some posters have been specifically designed for the Awards while others have previously been presented at conferences.

Awards for both the posters and projects will be presented at the Canterbury Health System Quality Improvement and Innovation Awards ceremony on 6 November 2017.



SEXUAL HEALTH SEMINAR

THURSDAY 9 NOVEMBER 2017
FROM 1.00PM - 4.30PM

Community and Public Health
310 Manchester Street, Christchurch

1.00pm - 2.00pm

WELCOME

Time to catch up with work we are currently involved in, to share information and new resources, and projects planned for this year.

2.00pm - 3.00pm

SEXUAL HEALTH PROMOTION - WHAT'S NEW?

PRESENTER: DIANE SHANNON
COMMUNITY AND HEALTH

Diane Shannon, a Health Promoter at Community and Health, will report back from the NZ Sexual Health Society Annual Conference, held 7-9 September in Christchurch. Topics include the new Sexual and Reproductive Health Action Plan, Maori and SRH, young people and online pornography, sex work and sexual health, Bodysafe (a healthy relationships programme), HIV and stigma - and more!

3.00 - 3.30pm

AFTERNOON TEA

3.30 - 4.30pm

THE STI MANAGEMENT GUIDELINES

PRESENTER: DR HEATHER YOUNG
CHRISTCHURCH SEXUAL HEALTH CENTRE

Dr Heather Young, Sexual Health Physician at the Christchurch Sexual Health Centre, will discuss the new Guidelines and other clinical topics from the recent NZ Sexual Health Society Conference. These include various new tools against specific phases of STI outbreaks.

4.30pm

CLOSING

There is no cost for these seminars and afternoon tea will be provided.

Please let me know if you will be attending.

Diane Shannon, Health Promoter
Community and Public Health
(a division of Canterbury District Health Board)

P 03 378 6755

E diane.shannon@cdhb.health.nz



Community Education Seminar

17th October 2017

LEGAL ISSUES AND DEMENTIA

Wills, Enduring Powers of Attorney, Welfare Guardians and Property Managers

Phil Sewell, Partner at Godfreys Law here in Christchurch, will talk about how these matters affect families and friends of people with dementia, and about the roles and responsibilities of Enduring Power of Attorneys, Property Managers and Welfare Guardians.

Please ensure you register early.

DATE	Tuesday 17 th October
TIME	10.30 -12 noon
VENUE	Dementia Canterbury 314 Worcester Street Linwood (Between Fitzgerald Ave & Stanmore Rd)

Please note Worcester Street/Fitzgerald Avenue has major road works so suggestion is to park along Hereford Street and use the walk-way through to Dementia Canterbury.

Address: 314 Worcester Street Christchurch **Postal Address:** PO Box 32074 Christchurch 8147
Ph: 0800 444 776 **Email:** admin@dementiacanterbury.org.nz **Website:** www.dementiacanterbury.org.nz



Community Education Seminar

30th October 2017 - Evening

For adult children of people with dementia

Find out more about the impact of dementia on families, including changing roles and managing conflicts, plus a word on genetic inheritance and dementia

Dr Matthew Croucher, Consultant Psychiatrist, Older Persons Mental Health, will discuss these common queries that face us when a parent (or other close relative) develops a dementia, whether the relative lives in Canterbury or elsewhere. There will be time for questions.

Everyone welcome! But please ensure you register.

Date: Monday 30th October 2017
Time: 7.00 pm – 8.30 pm
Venue: Aspire Hall (across the courtyard from the Dementia Canterbury office)
314 Worcester Street
Linwood
(Between Fitzgerald Ave & Stanmore Rd)

Please note Worcester Street/Fitzgerald Avenue has major road works so suggestion is to park along Hereford Street and use the walk-way through to Dementia Canterbury.

Address: 314 Worcester Street Christchurch **Postal Address:** PO Box 32074 Christchurch 8147
Ph: 0800 444 776 **Email:** admin@dementiacanterbury.org.nz **Website:** www.dementiacanterbury.org.nz