



Te Wiki o te Reo Māori, Māori Language Week

The theme of Te Wiki o te Reo Māori 'Kia Kaha te Reo Māori' – 'Let's make the Māori language strong'

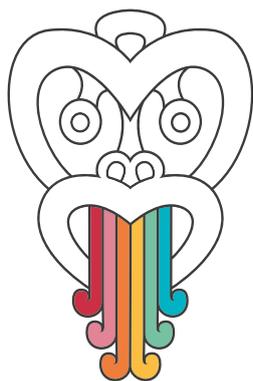
Tēnā koutou katoa

I encourage you all to 'give it a go' this week and join in the activities on offer as part of Te Wiki o te Reo Māori. Check the list and links on page 13. If you'd like to create and learn how to recite your own pepeha/mihi (introductory greeting) you're in luck. Our Executive Director of Māori and Pacific Health Hector Matthews has offered to help people create their own personal pepeha. If you want to be ready to introduce yourself in te reo at the next appropriate occasion when making a speech or doing a presentation, for example, call in to the Great Escape Cafe Tuesday or Thursday between midday and 1pm and say *kia ora* to Hector who will be parked up at one of the tables and ready to help. Bring something to write on, and if you have a smart phone with a recording app, bring that too, so you can record the pronunciation. A challenge for us all is to integrate the Māori language into our day-to-day work.



Executive Director of Māori and Pacific Health Hector Matthews

While you're at the Great Escape, you might want to order a kawhe – why not try ordering in te reo – give it a go.



Kia Kaha te Reo Māori

Te Wiki o te Reo Māori
10-16 Mahuru 2018
www.canterburydistricthealth.co.nz



Māori Language Week
10-16 September 2018
www.canterbury.govt.nz

Order your kawhe coffee in Māori!

YE REO KAWHE

He kianga
Phrases

Mōrena/ Ata mārie
Good morning

Ngā mihi o te ahiahi
Good afternoon

Āe Yes **Kāo** No

He...
Can I have a...

...koa
...please

E pēhea ana tō rā?
How's your day going?

Hei hari atu
Takeaway

Ki konei koa
Have here thanks

Anoi, taku kapu mahi rua
Here is my re-useable cup

Size Rahi

S Paku **M** Waenga **L** Nui

Whakahuatanga
Pronunciation

Dropuare Vowels

There are five vowel sounds in Māori. They can be pronounced 'short' or 'long'. These vowels are pronounced as close or similar to:

a - father ā - eel

e - dress ē - sea

i - see ī - when the vowel is long with a macron above it, say the vowel

u - goose ū - for twice as long

Drekati Consonants

There are 10 consonants; they are: h, k, m, n, ng, p, c, l, w, wh

ng as in singer | wh as in film

r is usually not rolled.

(The sound is created when the tip of the tongue briefly touches the top of the mouth behind the teeth.)

Ngā kupu
Terms

Hāwhe hōta
Half shot

Rua hōta
Double shot

Kawhe kutē
Espresso

Rate Latte
Rate pini Soy latte
Amerikano Americano

Kaputino Cappuccino
Moka Mocha
Tiakarete wera Hot chocolate

TI Tea

Kaputi Cup of tea
TI Ingarīhi English Breakfast tea

TI kākāriki Green tea
TI hioi Peppermint tea

Huka Sugar
Wai makariri Cold water
Wai wera Hot water

Miraka Milk

Miraka kore kirīmi Trim milk
Miraka kirīmi Full cream milk
Miraka pini Soy milk

Tēnā koe
Hi/thank you

Namunamuā
Delicious

Ka kite anō
See you later

Hei konā rā
Goodbye

@roomāori taurauwhiri

MASSEY UNIVERSITY

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Celebrating success – 25 years of Pegasus Health

When Pegasus Health was first formed just over 25 years ago the world was a different place...we've all come a long way since its humble beginnings in 1992. It's hard to believe, but some of our younger health system staff may not have been born then! If you can remember back to when Whitney Houston's "I Will Always Love You" topped the charts for 14 weeks – that was the time when Pegasus was finding its feet in our health system.

It has certainly come of age as an organisation and along with the Primary Health Organisations in Canterbury, now plays such an important role in our health system providing a wide range of services to the public and to general practices.

An event to celebrate the occasion of their 25th Anniversary was held last weekend, and provided entertainment, an opportunity to catch up with colleagues and a look back at the way it was. A number of people were also recognised for their dedication and innovative contribution to primary healthcare.

Pegasus Health Chair Professor Les Toop was there at the beginning. He says Pegasus Health was formed with a strong educational base at its heart, focused on quality in health care. In presenting the awards, Chief Executive Vince Barry said of the recipients that these are people who don't usually share the stage – most of them are folk who have gone about their work not expecting others to acknowledge their fine efforts.



Carolyn Gullery and Andrew Hawkes from KPMG



Andrew Hawkes from KPMG presenting to Carolyn Gullery

I too would like to commend all award winners and thank each of you for your outstanding contribution to Pegasus and the work of general practice and primary care over the years to improve the health and wellbeing of Cantabrians.

Recipients were:

- › Dr David Richards – the Canterbury DHB Award for acute community care beyond general practice.
- › Joy Harding – the Nurse Maude Award for primary care nursing.
- › Dr Kim Burgess – Homecare Medical Award for Population Health.
- › Executive Director Planning, Funding and Decision Support, Canterbury and West Coast DHBs Carolyn Gullery – the KMPG Award for integration of the health system.
- › Dr Clare Healy – the St John Award for improving the health response to family harm.

- › Dr Marie Burke – 2Degrees Award for primary healthcare and its future.
- › Dr John Hudson – the Lane Neave Award for General Practice by a General Practitioner.

The collaboration between health professionals in Canterbury is woven through the history of Pegasus Health. As Professor Les Toop told those present, we have been fortunate to be part of a health system with like-minded innovators, and that those leading the charge have 'joined up the dots' to build a system that has the patient at the centre.

"Canterbury is rightly seen around the world as an exemplar for transformation and integration and along with key leaders in the Canterbury DHB, Canterbury Initiative and secondary care, Pegasus has been a key player in that success," Les says.



David Meates presenting to Dr Dave Richards with Vince Barry (L) and Professor Les Topp

Haere ora, haere pai
Go with wellness, go with care

David Meates
CEO Canterbury District Health Board



Bouquets

Ward 22, Christchurch Hospital

Great staff! They were amazing with my two year old daughter. I can't thank the doctors and nurses enough.

Ward 22, Christchurch Hospital

I would love to thank all the staff of Ward 22 for giving my baby the very best service of all time. They were fast, effective and very prompt. I really loved the way they worked. Thank you to the staff of Ward 22 so much.

Ward 22, Christchurch Hospital

Amazing service, care and hospitality during my time here with my son. The staff are wonderful and it makes me so appreciative and proud of the New Zealand public health service.

Ward 22 and Child Acute Assessment Unit (CAAU), Christchurch Hospital

The doctors and nurses in CAAU and Ward 22 are so hard-working, caring and professional. We were in there with our child and they handled a very stressful situation so quickly and yet didn't add to our stress. I especially want to 'shout out' to the nurses who made our child laugh and for a moment relieved the tension. Nurse Amy from Ward 22 was so quick to help and go the extra mile to help us. Appreciate all your hard work!

Ward 21, Christchurch Hospital

I would like to thank all the nurses from the Intensive Care Unit, High Dependency Unit and Ward 21 for all the excellent care they gave to my son over the last three weeks. There have been two nurses who have really stood out and have gone the extra mile: Angela and Sayako. They both supported my son and myself with great advice and had an excellent bedside manner. I would also like to thank the doctors who worked on my son and the occupational therapy nurses who were excellent. A big thank you to all the staff at Christchurch Hospital.

Children's Haematology and Oncology Centre (CHOC)

I would just like to thank the staff who cared for and supported my daughter over her stay. Their calm and friendly manner went a long way in reducing her stress and pain. CHOC staff are an example of how nursing should be done, they were both professional and friendly in all interactions with family and patients. Again a big thank you to all.

Wendy, Radiology, Christchurch Women's Hospital

Just had an ultrasound at Christchurch Women's Hospital. Very impressed with the trainee radiographer, Wendy. Her manner was

very professional and friendly and she made me feel relaxed while having an invasive procedure. Wendy explained every aspect of the procedure in a calm, assuring manner which was very reassuring. Thank you, Wendy.

Maternity Ward, Christchurch Women's Hospital

A massive thank you for your amazing help and advice throughout this last few days post emergency caesarean. The whole staff have been incredibly helpful, attentive, caring and professional. We appreciate this outstanding level of assistance.

Maternity Ward, Christchurch Women's Hospital

To all the staff, midwives, doctors and nurses in the Maternity Ward: many, many thanks for the time, care, love, and helpfulness that you provided during my stay at Christchurch Women's Hospital recently. Having my first child was such an experience and I thank you for all your support and education. Your work is very much appreciated.

Birthing Suite, Christchurch Women's Hospital

We wanted to thank everyone for such a great experience. We had planned a home birth and did not want to be here but everyone was incredibly respectful and compassionate. Our

birth experience was fantastic and we particularly wanted to thank Carmilla who was gentle and caring. Post-birth we were so pleased with the care we received from all the midwife, the Neonatal Intensive Care Unit and the doctors. We know how stretched the hospital is and resources are limited but it never affected the level of care.

Maternity, Rangiora Health Hub

I would like to thank all of the staff and midwives who took part in me becoming a confident mother to my beautiful daughter. I had been told by a friend who had postnatal care with you guys that it was amazing, so I chose to birth and have postnatal care there too. I walked in there afraid that I would struggle, but the staff were the reason I left there so content and satisfied that I was confident enough to start my new journey so well. They were always willing to help and go the extra mile, showing me tips and tricks for breastfeeding and always being so happy to help. I used the pepi pod for the majority of my stay as my little girl wanted to be close to me, and it was awesome. It was a good size and fitted well on my bed. It also made it easier for me to get her out and feed/change her during the night. The food was

lovely and the environment was so relaxed, I felt so comfortable. I could go on about the great experience I had but my thumbs will fall off from typing it all! I'd especially like to thank Julie and the other midwives who were working on the morning when I left (I can't remember everyone's names), they were so friendly and helpful with everything I needed, and made me feel so happy with the kind words they said about how well I was doing. Thank you to you all again, keep up the amazing work!

Ward 23, Christchurch Hospital

I would like to compliment the wonderful aides/sitters in Room 9 of Ward 23, particularly Louise, Anu and Bridget who helped Dad and myself and were willing to go the extra mile. They are excellent staff and caring in their handling of patients and their families. Well done to them.

Ward 27, Christchurch Hospital

To all the team on Ward 27, thank you for all of your hard work looking after [patient name] over the last week. She was very comfortable and went very peacefully, which we are all very grateful for. As a family we always felt supported and welcomed on the ward.

The treatment and care she received meant that we could all have some quality time with her in her last week, memories we will cherish forever.

Ward 27, Christchurch Hospital

Thank you all for taking such great care of Mum during her stay. We look forward to getting her home to continue her recovery and life with multiple sclerosis.

Ward 19, Christchurch Hospital

So far I have been here since 9 August and it is now 16 August. The staff who have cared for me have been amazing, they are friendly, supportive and approachable. Nothing seems a bother. I am enjoying my stay and the staff have made sure I am comfortable and pain free. (Great student staff too). One of – if not the best experience in a hospital.



If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz Please note the deadline for story submissions is midday Thursday.

If you're a non-staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



The Library

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

"The alchemy of healing: Researchers turn open wounds into skin" – Scientists from the Salk Institute have found a way to convert the cells from an open wound into new skin cells, which could help patients avoid plastic surgery for large cutaneous ulcers. From *Science Daily*, published online: 5 September 2018.

"A quarter of people are not being active enough to stay healthy" – The World Health Organization has released research that shows more than one quarter of the world's population are at risk of disease from not doing enough physical activity. New Zealand is one of the high income Western countries mentioned as one of the regions showing the biggest rise in insufficient activity over time. From *British Medical Journal*, published online: 5 September 2018.

"Facing up to the global challenges of ageing" – While lifespans may have doubled in most develop countries in the last 200 years, people's healthspans (healthy, disease-free lifespan) have not increased at the same rate. This paper considers how better biomarkers of disease risk, responses to interventions, alignment of research in animals and humans and increased use of electronic health records may contribute to improvements in later life health. From *Nature*, published online: 5 September 2018.

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

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

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



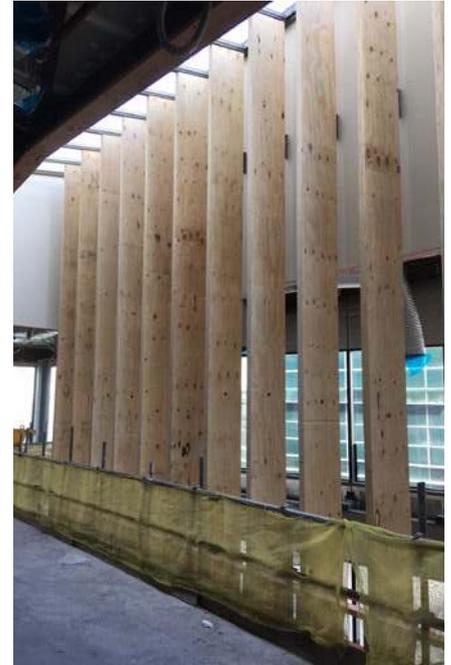
Facilities Fast Facts

Acute Services building

Canterbury DHB's CEO David Meates (on the right in the picture) took the opportunity for a whistle-stop tour of the new building on Wednesday last week. In the photo, Clinical Lead on the facilities projects Dr Rob Ojala outlines some of the clinical thinking behind the linear multi-bed ward design on Level 3 – currently the most complete level in the building. The sets of sliding doors act as sound screens and give privacy between patient beds, but also allow access and ensure good lines of sight for staff.

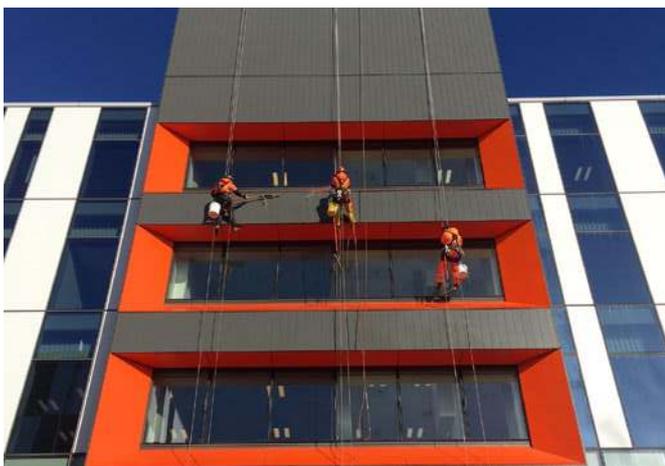
More lights are going on in the building, with Level 4 of the east tower having the power turned on this week for the first time. The chilled and condensate water systems are also being filled and flushed through in the coming week– chilled water is used in the air conditioning and the condensate system is part of the heating. The building is so big that it takes about a month for all the pipes to be flushed through before normal operation can begin.

The second picture (above right) shows the decorative wooden fins newly installed on the floor above the main entrance to the Acute Services building. This area will eventually be a quiet, contemplative space for patients and visitors.



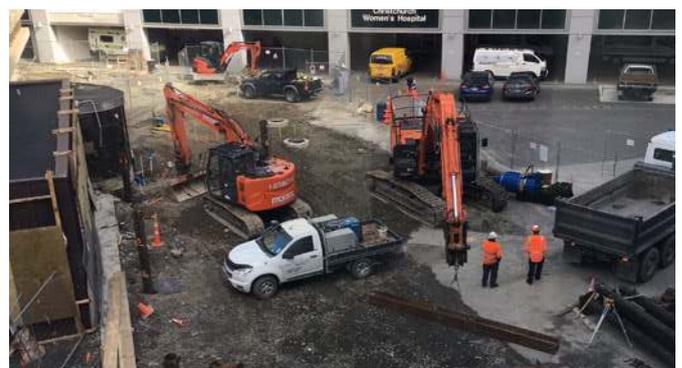
Christchurch Outpatients

Builders' cleans and other cleans are in full swing at the new Outpatients building. This week the windows have been spruced up – the photo shows abseilers at work above Antigua Street. For more on the Outpatients project, see the [Destination Outpatients page](#) in this *CEO Update*.



Link

Around half of the steel piles are now in place for the link between the Acute Services building and the existing hospital. The photo, looking in the opposite direction to last week's Fast Facts photo, shows a tie beam connecting three of the piles in the foreground, with the rear entrance to Christchurch Women's Hospital in the background. The piling rig will gradually move closer to Christchurch Women's to complete its work.



BETTER TOGETHER

Destination Outpatients



It's Week 6 on our countdown to the move into the new Christchurch Outpatients building.

This week our focus is on HealthLearn – which is where staff will find an orientation module for the new building.

It's easy to navigate your way through the course and cover off what you need to know.

Once you have completed all the requirements for this online course, you will be able to print out your end of course certificate. Your HealthLearn record of learning will also be updated once you have attended the building orientation.

The module contains an e-version of the staff handbook for the Outpatients building. It's easy to flick through to reach sections of interest to you – and easy to print out what you need.

There's general information on the new building and how it will function, as well as specifics on clinical and other equipment fitted in the building.

HealthLearn also contains information about fire and emergency procedures. All staff will need to know about these – for instance, what do you need to do in case of an emergency in this new environment, and what's the plan if there is a clinical emergency?

There's also space to leave feedback or to ask any questions you may have.

You'll need to complete the HealthLearn module BEFORE you move in, so don't wait until the last minute – log onto HealthLearn now and beat the rush.

Watch the video [here](#).



Staff visits to the building – please wait until your official orientation!

Staff please note that the building is currently in the ownership of the Ministry of Health until formally handed over to the Canterbury DHB in November. We are providing security for the building in the interim, and it will remain locked and not for general access.

There is a tight schedule of cleaning and building preparation to be achieved ahead of our moves. As occurred when the new facilities at Burwood Hospital neared completion, we need to manage access to the site carefully in order to achieve our move dates. All valid requests to visit the building should be sent to the Facilities Team – Angela Mills or Shirley Butcher. All endorsed visits need to be accompanied for security and health and safety requirements, and full sign in and sign out processes are required.

Orientation – book in via HealthLearn

In the meantime, you can book into an orientation session via the HealthLearn module. Orientations on site will be held in October, department by department. Book now to avoid disappointment – and remember that there are also two staff “open day” sessions planned, where staff will be free to walk around the building and see the new workspaces. These will be in the morning on Tuesday 9 October and in the afternoon of Thursday 11 October.

Simulation course trains physiotherapists for complex work in intensive care

Canterbury DHB has hosted New Zealand's first ever Intensive Care Unit (ICU) physiotherapy simulation course.

The Physiotherapy and Critical Care Management Course, known as PaCCMan, aims to increase participants' confidence and competence, using simulation training to improve quality of care, communication, decision making and patient management.

The Christchurch Hospital Physiotherapy Department collaborated with the Queensland Health Clinical Skills Development Service to bring PaCCMan to New Zealand, says ICU Senior Physiotherapist Sarah Fitzgerald.

"As it was the first course of its type in the country there was keen interest from physiotherapists working in ICU across the country."

Participants from Canterbury DHB as well as other DHBs nationwide attended the course which was held in the Manawa Building.

"The state of the art facilities meant we were able to replicate an ICU environment, with the help of the coordinators and technical staff of the Clinical Skills Unit.

"The simulation suite and staff at Manawa have been critical in helping to get this course off the ground and we are very lucky to have this facility just across the road," Sarah says.

The two-day course has strong focus on simulation training. It was designed and facilitated by Consultant Cardiothoracic Physiotherapist Peter Thomas from Royal Brisbane and Women's Hospital.

Canterbury DHB has been granted licencing rights to run the course for the training of our own physiotherapists and physiotherapists from across New Zealand.

Sarah and her Canterbury DHB colleague, ICU Physiotherapist Maisie Farndon, were trained in running the course so they will be able to facilitate it again in the future.

"The aim is to run the course for both internal and external physiotherapists at least twice a year," Sarah says.

PaCCMan contributes to the learning and development of physiotherapists for work in the intensive care environment and expands their knowledge of contemporary, safe clinical practice. It includes practical sessions on assessment and clinical skills, as well as simulated experiences in providing respiratory care and rehabilitation.

"It is designed for physiotherapists who have limited exposure to intensive care patient management, or want to update their knowledge of assessment and treatment processes. It allows participants to understand the complexity of interdisciplinary working within the Intensive Care Setting," Sarah says.



From left, Christchurch Hospital Physiotherapists Anita Noetzli, Jenny Thompson and Gabby Kelly, and Lisa Liu from Whanganui DHB

Chalky's chairs already making a difference for patients and staff

The Oncology Unit recently celebrated the arrival of 18 specially designed treatment chairs that are making patients more comfortable when having their chemotherapy or transfusions.

The chairs were generously donated by the Chalky Carr Trust, whose vision is to raise funds to make a practical impact for a person living with a cancer diagnosis or their family members who need support through the journey.

Charity Founder Kevin 'Chalky' Carr was a decorated hero and All Blacks Logistics Manager who received his treatment in Christchurch Hospital's Oncology Unit and wanted to help others going through treatment. He could see how better chairs may not necessarily reduce the pain for those undergoing treatment, but could make it more tolerable.

Chalky passed away in January this year. He is survived by his wife Sarah, a Consultant Emergency Department Physician at Christchurch Hospital and their sons Jamie and Josh.

Oncology Charge Nurse Manager Hayley Beckman, who was instrumental in helping to make this donation possible, is delighted that the chairs are now in the ward and providing many benefits for patients and staff, including:

- › Allowing patients to maintain their independence and sense of control, which is particularly beneficial for frail patients who can now make subtle adjustments to reduce the pressure when sitting for long periods.
- › Improving comfort for patients having blood transfusions who might be sitting for up to six hours at a time.
- › Allowing staff to simply push a button to lie the chair flat or raise the patient's legs if needed.



From left, Jamie Carr, Chalky Carr Trust Patron Gemma McCaw and Josh Carr cutting the ribbon to mark the donation of the oncology treatment chairs



From left, Manager Blue Star Taxis Adam Fairburn, Josh Carr, Consultant Christchurch Hospital Emergency Department Physician Sarah Carr and Jamie Carr

Registered Nurse Helen O'Connor, who cared for Chalky during his treatment, says the chairs have been a phenomenal gift and had already made a difference.

"We had a clinical emergency earlier in the day where we used the chair to its full potential. We were able to lie the chair flat and move the patient into another room quickly

and easily. Previously we would have had to transfer the patient from the chair and onto a bed first.”

At the event, Chalky Carr Trust Patron Gemma McCaw also unveiled plans for the Trust’s new partnership with Blue Star Taxis, named ‘Chalky’s Cars’, that will provide free and subsidised taxis for patients to attend their treatment appointments in Christchurch Hospital’s Oncology Department.

Chalky Carr Trust Chair Brett Gamble says having spent time getting to and from Christchurch Hospital with Sarah, Chalky identified the need make the journey there and return home easier for those undergoing chemotherapy.

“Parking, traffic, roadworks... he wanted to take some of those worries away,” Brett says.

For more information and to support Chalky’s Cars visit [here](#).



From left, Consultant Christchurch Hospital Emergency Department Physician Sarah Carr, Chalky Carr Trust Patron Gemma McCaw, Chairman of the Chalky Carr Trust Brett Gamble, Canterbury DHB Executive Director Finance and Corporate Services Justine White, and Chalky Carr Trust Trustees, Carolyne Grant and Brad Moorar

WellFood dietitian awarded Young Achiever Award

Canterbury DHB Foodservice Dietitian Rebecca Smeele recently received the Young Achiever award at the Dietitians New Zealand 75th Jubilee conference in Auckland, much to the delight of her team.

Interim Executive Director of Allied Health, Scientific and Technical Helen Little describes Rebecca as a fantastic dietitian and a real asset to the team.

Rebecca received her award in the category of significant leadership potential and service to the Dietetic profession, says Helen.

"This is testament to what I have seen from Rebecca since she started at Canterbury DHB in July 2017. She has brought exceptional leadership skills and commitment, and I congratulate her on this well-deserved award and recognition from Dietitians New Zealand."

Rebecca is responsible for five hospital sites in Canterbury that operate an in-house foodservice system, and works collaboratively to link not only clinical Dietitians and Food Services but also nursing and other allied health professionals.

She has been involved in several major projects that contribute to improving patient safety, clinical efficiency and creating better treatment outcomes.

"Rebecca spoke about one of these projects at the conference in a presentation titled, 'International Dysphagia Diet Standardisation Initiative: Implementation at Canterbury District Health Board'."

Having previously played for the New Zealand Women's Touch Team and worked for the New Zealand Defence Force, last year Rebecca became a commissioned officer in the Royal New Zealand Naval Reserves. She continues to strive for advancement as a military reserve officer.

On the night of the awards, Rebecca was described by Food and Beverages Service Manager Nicky Moore as a natural and proven leader who has a bright future ahead and is a worthy recipient of the Young Achiever Award.



Rebecca Smeele with her award



Rebecca Smeele

Kia Kaha te Reo Māori – ‘Let’s make the Māori language strong’

This year’s Te Wiki o te Reo Māori (Māori Language Week) is focusing on six words that express the ways in which people learn a language. The words are reflected in the six arero of the hei tiki, and are for all New Zealanders to learn and use.

Te Wiki o te Reo Māori is all about celebrating te Reo Māori, incorporating simple phrases into our daily life and ensuring our indigenous language continues to survive and flourish.

If you’re already familiar with the six words above, there are lots of other ways for you to listen, learn and practice Māori this week.

For example, you could practice using these basic phrases when you’re talking or emailing colleagues:

Mōrena (*more-re-nah*): Good morning

Mōrena e hoa (*more-re-nah eh-hoar*):
Good morning my friend

Mā te wā (*maa-teh-waa*): See you later

Mā te wā e hoa (*maa-teh-waa eh-hoar*): See you later my friend

Or you could:

- › see how many Māori words you know, by checking out [this list of 100 words every New Zealander should know](#)
- › read [this phrasebook](#) to polish up on the Māori words for modern terms such as ‘screenshot’, ‘selfie’ and ‘profile picture’
- › pop in to the Great Escape Cafe Tuesday or Thursday and learn how to write and recite your pepeha/ mihi with Hector Matthews
- › check out the events and resources available from the [Christchurch City Libraries](#)
- › learn more about the [history of the Māori language](#)
- › head along to Executive Director Māori and Pacific Health Hector Matthews’ Grand Round on Friday (see page 22 for more information)
- › [download Te Reo Hāpai](#) – a glossary of Māori Mental health terms for use in the mental health, addiction and disability sectors.

For more about Māori Language Week visit the Te Wiki o te Reo Māori website [here](#).

The graphic features six Māori words, each associated with a learning activity: 'ako' (learn), 'whakarangō' (listen), 'waiata' (sing), 'pānui' (read), 'tuhi' (write), and 'kōrero' (speak). The words are arranged vertically in a stylized font with decorative flourishes. At the bottom, the text 'Te Wiki o te Reo Māori' is prominently displayed. Below this, there are logos and text for 'Te Wiki o te Reo Māori 10-16 Mahuru 2018', 'KIA KAHA TE REO MAORI', and 'Māori Language Week 10-16 September 2018'.

Wheelchair experience raises awareness of mobility and pressure injuries

Canterbury DHB's CEO David Meates, Quality and Patient Safety staff and others swapped their office chairs for wheelchairs last Wednesday to mark World Spinal Cord Injury Day and help raise awareness of spinal cord injuries and pressure injuries.

Three New Zealanders a week are paralysed by a spinal cord injury or impairment from a car crash, a sporting injury, an illness or a fall.

Canterbury and West Coast DHB's Quality and Patient Safety teams are implementing a multifaceted ACC funded project to prevent pressure injuries across Canterbury and the West Coast communities.

This year the NZ Spinal Trust has developed and released several compelling videos on the impact that pressure injuries have on people living with spinal cord injury and the importance of how to prevent pressure injuries.

"We were very keen to collaborate with the NZ Spinal Trust to support this powerful but humbling wheelchair initiative to raise awareness of pressure injury prevention," says Director Quality and Patient Safety, Susan Wood.

David says he was in meetings for much of the morning he spent in a wheelchair, and seemingly simple things like pushing the button to release a door, then navigating his way through tightly-sprung doors was challenging.

"It was also interesting to see the reaction of people who didn't initially notice that I was sitting in a wheelchair when parked behind a table at a meeting - I had to explain numerous times that no, I hadn't hurt myself, I was experiencing life from someone else's perspective."

Business Analyst Lesley Long said spending time in a wheelchair made her appreciate her mobility more.



From left, Director Quality and Patient Safety, Susan Wood and Nurse Co-ordinator, Corporate Quality and Patient Safety Carmel Hurley-Watts



Business Analyst Lesley Long



Quality and Patient Safety Nurse Co-ordinator Margaret Conaglen

"Things I take for granted, like reaching to a shelf to get a coffee cup and making a drink become a whole lot harder when you're in a chair and a quick walk over to the main hospital became a big deal."

Quality and Patient Safety Nurse Co-ordinator Margaret Conaglen said she was worried about skinning her knuckles when going through doors, and fast closing lift doors were another issue.

Getting to the hospital from the Corporate Office building was challenging with even small variances in path heights and edges a struggle to get over. The shingle path beside the river was hard work to travel on and she got stuck in deeper areas of shingle, she said.

Corporate Quality and Patient Safety Nurse Co-ordinator Carmel Hurley-Watts said she was surprised to experience a different view of the world.

"I very quickly became aware of the serious risks and potential for a pressure injury, as I noted the discomfort of pressure on the outer aspect of my leg from the frame of the wheelchair."

This highlighted to her the absolute need to alter her position regularly to avoid the risk developing a serious pressure injury.

Business Systems Analyst Alistair Cree said even the usually simple task of getting a hot drink and bringing it back to his desk proved a challenge.

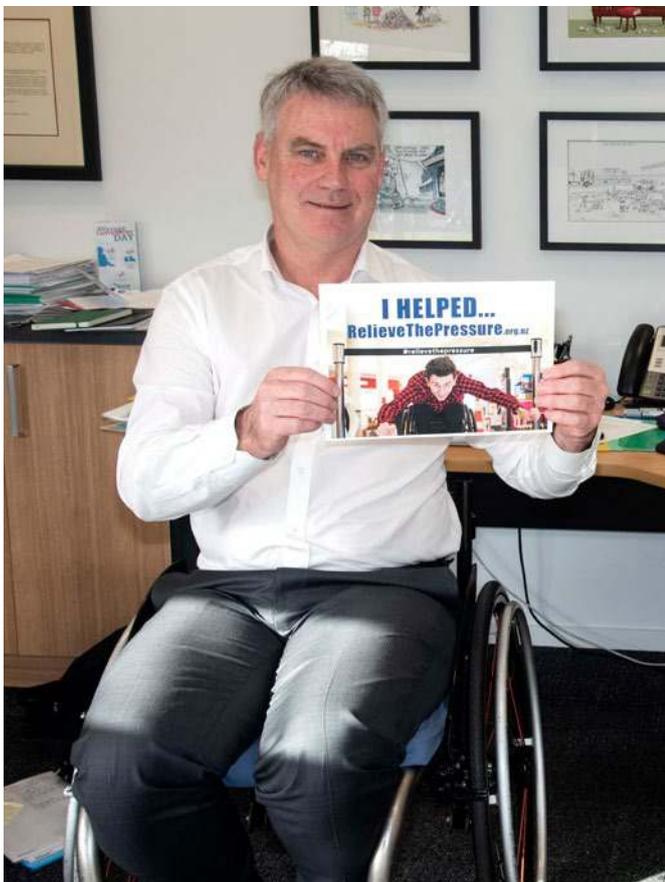
Relieving the pressure now can prevent pressure injuries later. You can see videos about pressure injuries at <https://relievethethepressure.org.nz/>



#RelieveThePressure



Business Systems Analyst Alistair Cree



Canterbury DHB CEO David Meates spent some time in a wheelchair

Appointment of Clinical Director of Otolaryngology

Allan Keast took over the role of Clinical Director of Otolaryngology from Phil Bird in February this year.

Allan has been involved with the Canterbury DHB since his registrar years. He was accepted onto the Otolaryngology training scheme in Christchurch and moved around the country training in Otolaryngology, before returning to Christchurch to sit his exams.

From there, he specialised in head and neck cancer surgery, and has worked as a consultant at the Canterbury DHB since 2007.

"My predecessor, Phil, was looking to step down from the position of clinical director, and I felt that I had the suitable skills to take up the role. I think it is an important role for a clinician to be involved in, to maintain a balance between the clinical aspects and the managerial aspects with regards to running a complex and busy department."

Allan says he took on the job with the understanding that there would be a number of issues ahead of him, including continuing to maintain compliance with the Ministry of Health guidelines for first specialist appointments and our waiting lists.

The job is "very busy and complex" but he feels he has been well-supported in beginning the role, with plenty of opportunities to undertake leadership courses. This has been rewarding in itself.

"I hope that during my time as the Clinical Director we will be able to significantly improve the physical spaces we work in so that we can have a very happy and functional workforce and achieve the throughput that we aim for," Allan says.

Outside of work Allan enjoys mountain biking and trail running, and takes as much time as he can to get away with his family.



Clinical Director of Otolaryngology Allan Keast

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Appointment of Chair of Oncology/ Haematology/Palliative Care Cluster

David Gibbs has recently joined the medical clinical leadership team as Chair of Oncology/Haematology/Palliative Care Cluster.

After graduating from the University of Otago, David completed his postgraduate studies in Hamilton and Christchurch. He became a Fellow of the Royal College of Physicians, specialising in medical oncology. He spent four years in London as a research fellow at the Royal Marsden Hospital and Institute of Cancer Research, completing a PhD, before joining Canterbury DHB in 2003.

David's new role includes supporting clinical leadership and advocating on behalf of his teams at senior management level. His focus at the moment is helping his teams deal with the many challenges facing healthcare in Canterbury.

"The way we do things is changing rapidly. We are experiencing unprecedented growth in demand on services. The health workforce is under pressure to adapt quickly and this is more difficult when staff feel tired, overworked and undervalued," he says.

David is embracing the challenge of stepping outside his own "village" and looking at the organisation and whole campus from a new perspective.

"It's given me an insight into the bigger picture and a better understanding of how the organisation works."

Outside of work, David unwinds by spending time with his family and enjoying the happy chaos that this brings. He also plays guitar and sings in a band that has been playing together for many years and performs occasionally around Christchurch.



David Gibbs

Long-serving patient driver retires



The Transport Service held a morning tea last week to acknowledge their team member Phil Lynch who is retiring after working as a patient driver for 18 years. The team says he will be greatly missed.

From left: Transport Administrator Colette McGovern, Phil Lynch, Transport Manager Justin Jones, and retired Transport Administrator Lynn Chisholm

Engaging with future generation of workers

Ritika Uniyal, Simon Liddy and Jessica Massey from Canterbury DHB's Recruitment team attended 'Got A Trade SpeedMeet' along with other major employers from the Canterbury region to meet with high school students seeking job opportunities.

The event took place at Papanui High School where the team spoke to a number of students about different career options they can choose from at Canterbury DHB including hospital aides, orderlies, and kitchen assistants.

Students were also given guidance for other roles which involved them taking up a degree course and registration with New Zealand boards for a profession, says Recruitment Coordinator Ritika Uniyal.

SpeedMeet brings together jobseekers and employers, speed-dating style. Students meet with potential employers for five minutes, note down whether they would like to know more or not and then move onto the next employer.

It was a great opportunity to make students aware of what's on offer for their immediate and future career needs, Ritika says.

Engaging with the future generation of workers helped the team understand which career options were more popular among students and how they could raise awareness about other areas and scope of works.

"Students from year 12 and 13 were very excited to meet us and know more about the roles we offer."

It was a great opportunity for students to get career advice which will help them with deciding their options and joining the workforce.

The event also gave the team an opportunity to raise awareness about the Canterbury DHB brand and make its presence felt with other reputed employers in the Canterbury region.



From left, Recruitment Specialist Jessica Massey, Recruitment Coordinator Ritika Uniyal and Recruitment Specialist Simon Liddy

Stand up for yourself during Sit Less September

E Tu Tatau! Sit less, move more, feel great!

Tama tu, tama ora, tama moe, tame mate (he who stands, lives, he who sleeps, dies).

This Māori proverb means activity brings well-being and inactivity brings sickness.

Week 2: Standing up, sitting less and moving more is great for your mind, mood and cognitive function.

The more you do the better you'll feel! Try to have at least 30 minutes of movement a day. Mauri tū mauri ora (be active and therefore attain health).

There is a lot of evidence that physical activity is good for mental health, wellbeing, motivation and positivity. People who move more are healthier and happier than those who sit for long periods of time. Sedentary lifestyles are associated with increased fatigue and depression. So move more to lift your mood.

Sit Less September competition

What are you doing to encourage your work colleague(s) to STAND UP, SIT LESS AND MOVE MORE this September? [Be in for the draw to win a spot prize for your workplace!](#)

Get some ideas [here!](#)

Moving a little helps a lot: top tips to reduce sitting time at work

Me whakauru te kori tinana ki roto i ō mahi ia rā (integrate activity into your everyday work).

- › Take comfortable walking shoes to work.
- › Have standing or walking meetings.
- › Eat your lunch away from your desk and go for walks during your breaks.
- › Try some [computer and desk exercises](#).
- › Alternate working while seated with standing.
- › Walk the long way around to the tea room, to the toilet, to meetings, to the photocopier.
- › Stand up while on the land line and walk around when on your cell phone.
- › Walk to a co-worker's desk instead of emailing or phoning.
- › Stand at the side/back of the room during presentations.
- › Get rid of your personal rubbish and recycle bins. This makes you get up and walk to one!
- › Park the car a little further away from your work so that you get more opportunity to walk.
- › If you are mobility impaired or a wheelchair user consult your health and physical advisor for what would best suit you to increase your physical activity. Join in 'walking' meetings whenever possible.

It's important to find ways to get people who spend many hours a day sitting to add physical activity to their daily routine. Go [here](#) and [here](#) for more information on just how bad sitting is for us. Watch [The Home Office Breakup](#) to help you start breaking up with your chair today!

[Find out more about recommended levels and types of physical activity](#) and [how you can add more activity into your day](#).



One minute with... David Cairns, Canterbury Suicide Prevention Co-ordinator

What does your job involve?

Suicide is very complex but when I speak to people who have lived through periods of suicidal thinking they usually tell me it was a person or people who got them through. Sometimes a family member, often a peer or a clinician. One person told me it was one sentence from an ambulance officer who they were with for 15 minutes. My role involves helping individuals and communities to realise what they can be and equipping them to be that person.

Why did you choose to work in this field?

While working as a corrections officer in the late '90s I became interested in the way mental illness and suicide risk were managed in a custodial setting. The Department of Corrections were very good to me allowing me to specialise in this area and even giving me a scholarship to help me complete a degree in psychology. Just as I finished my study this role came up and I was seconded to Canterbury DHB for two years. I am now in my ninth year.

What do you like about it?

In addition to my time with the Department of Corrections I also served 20 years as a volunteer paramedic. I literally like not being the ambulance at the bottom of the cliff and trying to make a positive difference in people's lives.

What are the challenging bits?

I find it difficult to work at both a grass roots and community level and then at a strategic level with broad views. However this diversity is necessary as both need to be linked.

Who inspires you?

I draw my inspiration from a number of people including Captain Alfred Clair Haynes and his crew who in 1998 landed a DC10 with no hydraulics. I am impressed that he found himself in what many called an impossible situation yet calmly thought through the problems and made decisions which gave themselves and their passengers the best chance of survival.

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?

Every person is valuable and beautiful beyond measure. Individuals and communities can be both strong and



vulnerable at the same time. My outcomes are entirely dependent on my ability to form relationships with individuals and communities. It is my responsibility to be available, responsive and knowledgeable.

Something you won't find on my Linked In profile is...

I am a Judo instructor at Can Am Ju.

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

Sailing in the Marlborough Sounds.

What do you do on a typical Sunday?

If not sailing, then gardening and looking after my bonsai collection. I have a collection of native trees including two kowhai, three beeches, two pohutukawa, a coprosma (mingimingi) and a planting of five kanuka.

In the evenings we often manage a family roast with my wife of 33 years and our three adult children plus any partners.

One food I really like is...

Any Indian food – I spent four weeks there recently. My all-time favourite breakfast is a masala omelette and my favourite dinner is aloo palak which is a potato and spinach curry.

My favourite music is...

I am very eclectic but my favourite artist is Gin Wigmore.

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

Canterbury Grand Round

Friday 14 September 2018 – 12.15 to 1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker: Executive Director Māori and Pacific Health Hector Matthews.

"Kia whakawaewae te kōrero, kia whakaringaringa te kupu Give your words legs to walk and hands to work"

- › Reducing Māori health inequity.
- › Confronting the mammoth in the whare; systemic bias.
- › Every system is perfectly designed to get the results it gets.
- › No problem can be solved from the same level of consciousness that created it.

Chair: Melissa Kerdemelidis

It is requested out of politeness to the speaker(s) that people do not leave halfway 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 2.6
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge
- › Pegasus, Room 1.02

All staff and students welcome

Next is – Friday 21 September 2018, Rolleston Lecture Theatre

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

Staff Wellbeing Programme: Westpac financial sessions

Westpac will be bringing a series of workshops to our Christchurch sites over the coming weeks as part of Canterbury DHB's Staff Wellbeing Programme. The Christchurch sessions will be run by a number of experienced Westpac staff, including Mobile Mortgage Manager Greg Mander and Financial Advisors Sarah Priddle, Conrad Dry and Robyn Rose.

- › In September, discussion will be around ways to manage your money.

Topic	Canterbury DHB Site	Date	Day	Time
SEPTEMBER Manage your money	Hillmorton Hospital	20th Sep	Thurs	4–5pm
	Burwood Hospital	21st Sep	Fri	12–1pm
	Oxford Terrace	24th Sep	Mon	5–6pm
	Christchurch campus	25th Sep	Tues	4.30–5.30pm
	Community & Public Health	26th Sep	Wed	12–1pm

How to register:

Please register via the Google forms link [here](#).

For more information on Staff Wellbeing please contact Staff Wellbeing Advisor Lee Tuki, lee.tuki@cdhb.health.nz.

This week's Max delivery brings fantastic news for SMOs across our organisation

We took Max to the Grand Round in Canterbury on Friday and unveiled three new services designed specifically with SMOs in mind.

CME Expense Claim Service

A new service is now live and supporting the reimbursement of expenses related to Continuing Medical Education. The benefits of this service through Max are wide-spread; not only can you complete these requests on the go, it also means a significantly faster turnaround time for the action of reimbursement. You'll see money back in your account faster than ever before.

CME IT Expense Claim Service

We released the CME IT claim service alongside the CME Expense Claim Service because the two pull from the same fund and go hand in hand for our SMOs. Through Max, our SMOs can now claim any digital device that will aid their continued development. There will be supporting information outlining the 'cans' and 'can-nots' so that everyone understands the applicable limitations.

SMO Leave Request Service - Radiology Pilot Group

This service has gone live initially to Radiology SMOs as a pilot group. This SMO specific leave request service allows our SMOs to apply for leave on the go from any mobile device, anywhere, anytime. The request will automatically workflow to the appropriate leave approver, and enables an interactive approval experience. At any point in the process the requestor, or the approver can simply comment to ask for more information or changes to the request. The request can be edited, saved to complete later, or cancelled (with their leave manager's approval).

We're also releasing a raft of enhancements that reflect what our people are telling us they want.

A big enhancement released today means that all leave managers now have the ability to approve or reject leave requests directly from their email - you no longer need to click through to Max to review and action the request. All details will be made visible to you within the notification email, along with an 'approve' or 'reject' icon option - easy, paper-free, fast.

Thank you for continuing to move through this monumental journey with Max, *Making it Better*.



Health Quality & Safety Commission e-digest

The latest issue of the Health Quality & Safety Commission New Zealand's e-digest is out now. Stories include: Improving West Coast access to care and the journey for individuals and families with diabetes, prediabetes and high cardiovascular risk; the call to make osteoporosis plans a priority for hip fracture patients leaving hospital; and the Suicide Mortality Review Committee's responds to an increase in annual suicide figures. You can read more [here](#).



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www.nzash.co.nz

SPECIAL GUEST

Dr. KT Waxman - we are delighted to be able to welcome KT to our conference. KT is President-elect to the Society for Simulation in Healthcare. Her professional profile includes a nurse leader with over 30 years of experience in health care and corporate settings. She is a tenured Associate Professor at the University of San Francisco, and is the Director of the Executive Leadership DNP program. She is the Director of the California Simulation Alliance (CSA) at Health Impact. An internationally known speaker and author, Waxman is also a past president of the Association of California Nurse Leaders (ACNL) and past board member, serving as Treasurer, for the American Organization of Nurse Executives (AONE). She is active in numerous committees for the Society for Simulation in Healthcare (SSH) and serves on the Finance Committee for the International Nursing Association for Clinical Simulation and Learning (INACSL).



KEYNOTE SPEAKERS



Angela Towle is the co-founder, with William Godolphin, of Patient and Community Partnership for Education (PCPE) in the Office of UBC Health at the University of British Columbia in Vancouver, Canada, and is also co-director.

Walter Eppich, MD, MEd, PhD(c) is pediatric emergency physician and an Associate Professor Pediatrics and Medical Education at the Northwestern University Feinberg School of Medicine.



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Health Research and Education

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CHRISTCHURCH

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By: Jo Gash O.T.

Certified Bikram Yoga Teacher

Burwood Hospital

Utley Spinal Gym

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For more information contact JO at:

Jo.Gash@cdhb.health.nz



Ngāi Tahu Wahine Toa – Māori Women and Suffrage

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Esteemed Film-maker Producer Director
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An evening of entertainment, mixing and mingling with refreshments

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Wednesday 19 September 2018 – Suffrage 125TH Anniversary

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6.30pm (seated by 6.15pm please)

.....

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Contact Judith Sutherland 021 031 3705

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