



Christchurch Outpatients – officially blessed

Last Friday saw an interdenominational line-up of clergy, including the Hospital Chaplains, take part in a ceremony led by kaumātua Reverend Maurice Gray to officially bless the new Christchurch Outpatients building.

It marked the culmination of years of planning by DHB staff, health planners, architects and others, and great work by the project team and contractors who can be proud of the way the building has come together despite the many challenges along the way.

It was an emotional ceremony on Friday morning, with the sounding of the Putatara marking the start and end of proceedings. The carving in the entrance lobby, Kotuku, was blessed and the various groups departed to bless each floor and pray for those who will work in and receive care in the new building. Waiata, prayers and hymns filled the spacious ground floor atrium space.

It's a beautiful facility and I hope the staff and patients enjoy the light, open design. Every detail has been well thought through, including the waiting areas and how patients will find their way through the building to the custom-designed area for their specific clinic. As a bonus the views from the building are stunning, with the Port Hills, Hagley Park and the Southern Alps from various aspects.

With its distinctive orange window framing, Christchurch Outpatients provides a striking entrance at the gateway to the Health Precinct. It's 10,500 square metres and had a budget of \$72 million.



Kaumātua Reverend Maurice Gray leads the blessing service

It's taken a lot of tolerance and goodwill on the part of staff and the community as we've 'made do' with make-shift facilities for years. The waiting is almost over as the countdown to move-in day is well and truly underway.

Over the next two weeks the finishing touches will be applied and the last of the fixtures and fittings will be installed before a thorough clinical clean. The detailed migration planning will see services move in groups over three weekends.

The first groups of staff will be moving into the building from Friday 26 October with the last move finishing on Monday 12 November. The first outpatient clinics will be held in the new building on Tuesday 30 October.

The Eye Clinic team is sneaking in a day before everyone else – and who can blame them after 16 years 'making do' in a series of dimly-lit cramped portacombs? They will be proudly welcoming the first of their patients into the new building on Monday 29 October.

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Once everyone has moved in, there will be more than 300 staff working in the building. On average around 800 people come in for appointments each day at the various specialist services that will be based in the building.

Over the coming year, more than 400,000 people will visit this new facility for specialist appointments, procedures, tests, dental visits and more. Outpatient services to be based in the new Christchurch Outpatients building include: Blood collection service, Cardiology, Cardiothoracic, Colorectal, Dental, Diabetes, Dermatology, Endocrinology, Gastroenterology, General Medicine, General Surgery – surgical preadmission, Genetics, Haematology, Infectious Diseases, Lipids, Nephrology, Neurosurgery, Newborn Hearing Screeners, Ophthalmology, Respiratory, Rheumatology, Thyroid, Urology, and Vascular, plus Allied Health staff aligned to these clinics such as dietitians, psychologists, pharmacists and research nurses. There are also plans for a café for the public and staff to be based on the ground floor.

Watch the video [here](#).

The blessing of the Outpatients building was a chance to come together and celebrate 300 staff from across 27 services coming back together



Mental Health Awareness Week – Let nature in

During Mental Health Awareness Week (8–14 October) it's time to connect and reflect with whānau and friends. We can all support each other's wellbeing, by embracing the 'five ways': Connect, Learn, Give, Take Notice and Be Active.

The theme this year is to take the opportunity to [Let nature in](#) – I encourage you all to make a point of getting out into nature if you can during the working week. Most of our facilities have some gardens or parks nearby, so if you can, get away from your desk or work station when you have a break and step into the great outdoors. Research tells us that connecting with nature makes us feel great. The five ways can help us find balance, build resilience and boost mental wellbeing.

Check out the details of the activities planned to mark this week at Canterbury DHB, including a photo competition on page 10.

Mental wellbeing is a positive resource that needs to be looked after and maintained. Feed your wellbeing by letting nature in this week. I find getting into the great outdoors a fantastic de-stressor and wellbeing boost.

More than one million patient records transferred to the South Island Patient Information Care System (SI PICS) last weekend

It's believed to be the biggest health software installation to take place in New Zealand and I want to acknowledge everyone involved – those who have been planning this for years, the trainers, the governors, our partners Orion Health and all of the staff who are now using the system. Also to the SI PICS crew: the project team who worked through the night on Friday, the trouble-shooters on the floors to provide hands-on help to new users and the ISG team who pulled out all the stops to make the cut-over to SI PICS as smooth as possible.

I'm pleased to report that despite some minor teething problems that were resolved over the weekend, the system is up and running. A special thanks to those who had to do some 'double paper-work' as a result of the changeover.

Thanks too to the regional team and our colleagues at Nelson Marlborough DHB who have supported our introduction of SI PICS and tolerated some disruption as the system took on the Canterbury DHB patient records.

SI PICS champions received their "go-live" packs on Friday ahead of the changeover to SI PICS. From left: Pauline Henderson, Janice Lancaster, PJ Michel, Felicity Woodham, Anna Evans and Rohanne Compton



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

David Meates
CEO Canterbury District Health Board

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

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



Bouquets

Heart Function Clinic, Christchurch Hospital, and Retinal Screening, Burwood Hospital

Staff at both these units were extremely helpful. They made sure we knew where to go and what was happening. The doctors at the clinic were particularly good at explaining options and decisions. We were a month early at Burwood (our mistake) and staff went out of their way to fit us in so that we didn't have to make a repeat visit.

Christchurch Hospital

Recently I have been treated at Christchurch Hospital for two significant complaints, one of which resulted in surgery. I wish to compliment Canterbury DHB and all members of all the teams that were involved with the various processes: medical, nursing and service staff. As a person, I was treated courteously, in a friendly and relaxed manner, with consideration, quiet efficiency and respect. I am very impressed and grateful for the systems in place and the quality of staff employed and cannot speak highly enough of them.

Ward DG, Burwood Hospital

I want to thank the staff of Ward DG for looking after my father so well. I also want to say thanks to the operators and ward staff for putting through my calls every evening. It's not part of your core role to take the phone to patients, but it made me

so happy to be able to talk to him regularly, and I really appreciated your friendly responses on the phone.

Radiology, Burwood Hospital

Lovely service, great interpersonal skills. So friendly! Very timely.

Burwood Hospital

We appreciate the spacious car parks, the spacious, clean buildings and the quietness of the whole area. Also, the services are really good.

Surgical Progressive Care Unit, Christchurch Hospital

I had a car accident on my way home. The ambulance drove me to Christchurch Hospital for treatment. Fortunately, I am now healthy and I am super happy for all your support. I would like to thank the whole Christchurch Hospital team, especially the nurses, doctors, the woman who served me some food, and the ambulance staff. You all made me feel better. I did not want to give you any work, but accidents happen and I look forward to being more careful on the road. Thank you very much. You guys are heroes. I appreciated all your support.

Urology Ward, Christchurch Hospital

I had a very pleasant two-day stay in Christchurch Hospital in Urology. The staff were courteous and kept me well informed. I have had a satisfactory recovery.

Post Anaesthesia Care Unit, Theatre, Emergency Department and Ward 21, Christchurch Hospital

I would like to thank the staff who dealt with my daughter while she underwent surgery for a crush injury and break to her thumb. All the staff we dealt with this day went above and beyond to ensure that she was kept comfortable and reassured every step of the way. I cannot praise the staff enough.

Ward 18, Christchurch Hospital

I would like to express my gratitude to all the doctors, nurses, physiotherapists and other staff who looked after me. It's never easy to be in hospital and alone in a foreign land. Thanks to the excellent team who nursed me back to health. Special thanks to Dr Kong, Douglas, Megan and a young night shift student nurse (I failed to get her name) for the warmth and support shown during this period. I'm grateful to have met this wonderful team.

Ward 18, Christchurch Hospital,

The staff were good to communicate with, understanding and efficient. I personally greatly appreciated being on Ward 18.

Ward 24, Christchurch Hospital

The nurses on Ward 24 and the other staff are just lovely. Thank you.

Area and hospital not specified

To all the doctors and nurses involved in the care of Dad. Thank you for the quality of care and understanding you showed to Dad and us, his family. We greatly appreciated your professionalism, kindness and guidance during this very difficult time. Thanks for the comfy recliners

and the encouraging words of support. Our grateful thanks.

Volunteers, Christchurch Hospital

Thank you Christchurch Hospital volunteers for the beautiful cold, fresh filtered water facility in the foyer. It is the little things that count and they are very big things when you are under stress.



The Library

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

“[Cities for global health](#)” – Urban residents make up 55 percent of the world’s population. This article looks at what affects the health of a city, including environment, housing, nutrition, addiction, health coverage, public safety and emergency response, infectious disease outbreaks, technology, and transient populations. From *British Medical Journal*, published online: 3 October 2018.

“[Strong cultural identity may slow down dementia](#)” – The University of Auckland has been researching the relationship between Maori and dementia, and found current assessment tools may contribute to misdiagnosis. The findings suggest a need to develop a kaupapa Maori theory of dementia and culturally relevant screening tools. From *Health Central*, published online: 5 October 2018.

“[Fundamental nursing care: getting back to ‘basics’](#)” – This article explores the fundamental cares of nursing and what enables or stops nurses providing this care, such as medical dominance, the healthcare system, and the devaluation of fundamental cares. It also looks to the Fundamentals of Care Framework as a way for nurses and nursing to deliver quality fundamental care. From *Nursing Review*, published online: 1 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

As Canterbury DHB makes a big push towards being paperlite, especially as we move into our new facilities, teams are being encouraged to Dump the Junk and get rid of unnecessary paper.

A big shout out to Ward 16 who have shed a significant load of old papers from their shelves. They've thrown out old whiteboards and old books, and have put in a system of red Kanban cards for the forms they still need. The pamphlet cupboard has been reorganised. Releasing Time to Care nurse co-ordinator Leah Hackney sent some photos of the results of the team's hard work.



Before and after reorganising the pamphlet cupboard

The Link

All 15 piles are in place and are undergoing resistance testing. The timeline for construction of the three-storey bridge that will link Christchurch Women's Hospital with the new Acute Services building once the piles are in, is as follows:

- › Excavations for the foundations – early October
- › Foundation – approximately mid-October
- › Steel structure starts – approximately late October
- › Concrete floors – approximately early December.

You can watch progress on the Acute Services building Link on the website [here](#).



Christchurch Outpatients

A group of 20 chaplains and spiritual advisors led a moving ceremony to bless our new Outpatient facilities last Friday. Watch the video [here](#). CEO David Meates echoed the thoughts of many staff who he says will welcome shifting into the new building after more than six years, and in the Eye Clinic's case nearly 16 years, in temporary homes.



All the rooms in the new building were blessed during the service

BETTER TOGETHER

Destination Outpatients



Thank you to all our chaplains and spiritual leaders, led by Canterbury DHB kaumātua Reverend Maurice Grey, who guided attendees through a moving blessing service of the new Christchurch Outpatients facility. They were joined by staff and members of the construction crews and building contractors. The groups walked around the facility, blessing all the rooms that will soon be home to nearly 300 staff across 27 different services.



Click on the icon above to watch this week's video

The blessing of the new building drew an impressive crowd

Orientation tours are underway. Please make sure you book in through [healthLearn](#). All tours of the facility need to be booked, either with your service or through the Facilities Team.

Christchurch Campus General Manager Pauline Clark has some messages about the IT and other technology in the building in her [weekly video](#). There will be the standard phones, printers, computers, taxi phones and pagers. Information about how the telephones and IT works is all in the Orientation Handbook on healthLearn. If you are wondering whether your pager number is the same, what you do about messages on answer phones, and whether you take your phone with you, all the answers are on healthLearn.

As we head towards being a paperlite organisation, this is a timely reminder that:

- › Duplicate pharmacy prescriptions do not need to be filed in the patient record.
- › Anything that is already captured/archived on Health Connect South does not need to be filed and this includes the 'pink' sheet that clinicians use to take notes that support the clinical letter to the referrer.

Staff Open Days

The staff open days are on:

- › **Tuesday 9 October from 9.30am to 12.30pm**
- › **Thursday 11 October from 1.30pm to 4.30pm.**

You need to enter the back entrance on 245 Antigua Street where you will be required to sign in. You will be free to walk around the ground floor (this includes the back of house, Diabetes and Endocrinology), Level One (Vascular/Neurology/Dental) and Level Four (services from old Hagley Outpatients/Rheumatology and Immunology). Please do not go in areas if they are cordoned off. Facilities team members and members of the Christchurch Outpatient and Ambulatory Services Team (COAST) will be on hand to answer any questions.

Keep the questions coming to destination.outpatients@cdhb.health.nz.
For the latest updates, join the Facebook group: www.facebook.com/groups/destination.outpatients.

Junior Doctor of the Year award nomination

The Medical Council of New Zealand has selected Canterbury DHB House Officer Katelyn Costello as its jurisdictional (New Zealand) nominee for the 2018 CPMEC Junior Doctor of the Year award.

CPMEC is the Confederation of Postgraduate Medical Education Councils. Each year it recognises junior doctors and clinical educators/prevocational educational supervisors across Australia and New Zealand who have made valuable contributions to prevocational medical education and training.

The awards, which have been presented annually since 2008, have a two-tiered structure: jurisdictional winners are selected by each Postgraduate Medical Council or equivalent and the overall winner for each award is then selected by a small judging panel.

Katelyn is described as someone who has made a significant contribution to teaching and learning at Canterbury DHB and has multiple formal roles including:

- › Intern representative on the Medical Council of New Zealand Education Committee.
- › New Zealand representative on the Australasian Junior Medical Officer Committee (AJMOC).
- › Member of the Canterbury DHB Resident Medical Officer Training Committee.
- › Volunteer for the CheckMate initiative at Canterbury DHB. As a mentor, Katelyn makes herself available for Registered Medical Officers new to Canterbury DHB to ask for help or answer questions.
- › Participation in the PGY1 teaching programme, presenting on her experiences working at Ashburton hospital.
- › A role as a Teaching Assistant at the University of Otago, Canterbury Simulation Centre for medical students and teaching with the University of Otago Rural Medical Immersion Programme (RMIP).

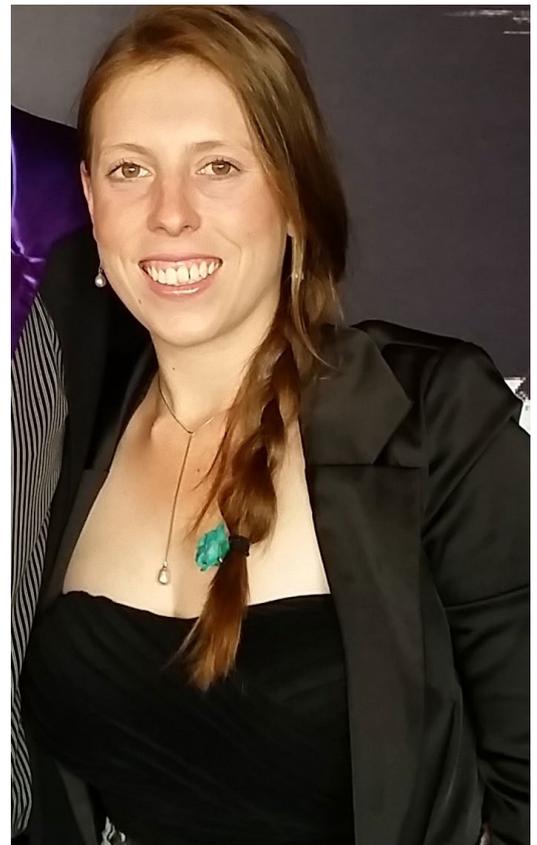
Katelyn performed an audit of the electronic prescribing system MedChart, which led to a change in the training offered for new doctors and nurses at Canterbury DHB. She has been a speaker at many conferences and has a strong involvement with medical education throughout New Zealand.

Katelyn says it's an absolute honour to have been nominated for the award.

"I really enjoy getting involved with medical education and never expected anything like this."

The CPMEC will choose winners from the nominations received and they will be invited to attend the 23rd Australian and New Zealand Prevocational Medical Education Forum (ANZPMEF) on 11-14 November in Melbourne where the overall winners of each category will be announced.

For more information on the 23rd ANZPMEF, visit the [forum's website here](#).



Katelyn Costello



There's no health without mental health: Being and Staying Well this October

Part of [Care Starts Here](#) (Te Mātāpuna Ora) is improving mental health in our region through paying attention to our own and others' mental health by *Doing the Right Thing*, *Being and Staying Well* and *Valuing Everyone*.

During October, Care Starts Here is focusing on *Being and Staying Well*, and will be running a series about this in the *CEO Update*.

This ties in with the message of [Mental Health Awareness Week](#), which kicks off today, promoting the improvement of mental wellbeing by connecting with others, taking notice, continually learning, being active, and giving time and your presence to others.

The theme of Mental Health Awareness Week is '*Let nature in, strengthen your wellbeing – Mā te taiao, kia whakapakari tōu oranga*.' With the longer daylight hours and Spring flowers in bloom, the Care Starts Here team is encouraging departments and/or teams to spend time outdoors connecting with friends, colleagues and family.

Check out the details on the Mental Health Awareness Week staff photo competition that's open this week in the story on the next page.

There are lots of great events going on to support Mental Health Awareness Week – one organised by a staff member is called Connect and Celebrate. It is designed to give back to health workers who work in the mental health sector. Further details can be found [here](#) or on the [Care Starts Here Facebook group](#).

For other *Being and Staying Well* events, click [here](#).

Improving mental health services is one of Canterbury DHB's priorities and although a number of innovative changes have been made to improve services, demand in Canterbury is still high.

There's no health without mental health, so looking after our own mental health and knowing where to receive guidance and support for ourselves and others is paramount to having a thriving community.

Phoning or texting the national 'Let's Talk' line on 1737 is a great starting point to get advice on your concerns and where to access help in your area. Visiting your General Practice team is another option for people to access advice and assistance. Canterbury DHB also has an [Employee Assistance Programme](#) and Workplace Support services available to assist you and your family should you need/want it.



'Let nature in' photo competition – be in to win a family pass on Black Cat's Akaroa Harbour Nature Cruise!

The theme of Mental Health Awareness Week 2018 is 'Let nature in, strengthen your wellbeing – Mā te taiao, kia whakapakari tōu oranga!'



So why not get outside and enjoy the outdoors with friends, family and colleagues. You could take the opportunity to have lunch, coffee or a meeting outside together one day this week.

Our 'Let nature in' photo competition is now open, and will be judged by CEO David Meates.

The two categories David will judge are:

- › Individual: Send a photo of yourself or you with your family enjoying the outdoors in 2018. The winner will receive a family pass for an Akaroa Harbour Nature Cruise thanks to a generous donation from [Black Cat Cruises](#).
- › Team: Send a photo of your team outdoor lunch/coffee/meeting. A morning tea thanks to WellFood will be given to the team with the most creative photo.

Entries close Sunday 14 October. The winner of each category will be announced the week beginning Monday 15 October.

Send your photos as JPEGs or PNGs to communications@cdhb.health.nz with 'Photo competition' in the subject line. Please note that when sending in your photo, you give us permission to use them at our discretion, including Canterbury DHB's online media channels.

Please email any questions about the competition to communications@cdhb.health.nz.



You may be lucky enough to see Akaroa's Hector's dolphins on the cruise!



Cyber Smart Week 2018 – Protect your online self

The Ministry of Health is partnering with the Computer Emergency Response Team (CERT) for Cyber Smart Week – New Zealand’s cyber security awareness week – which starts today.

Our increasingly digital lives give us huge benefits, but along with that comes challenges. So what can we do to protect our online selves?

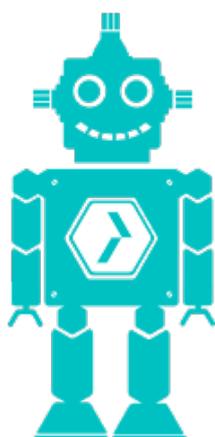
1: Use unique passwords. Many of us use the same password for all our accounts, or stick to two or three different ones that we use over and over. This means that if an attacker gets hold of one of your account passwords, it’ll give them access to any other accounts that share the same password. Passwords are easy to get hold of. Lists of passwords are often sold online, and attackers can use software to ‘guess’ passwords. Make each of your passwords long, strong, and most of all, unique. Importantly, do not use work passwords for personal use or personal passwords for work purposes.

2: Turn on two-factor authentication (2FA). When you log into a personal online account with a username and password, you’re using what’s called single factor authentication. With 2FA, you need to provide two things – your password and something else – before you can access an account. You can choose to get a code sent to an app on your phone, for example, that you can use to complete your login. You can enable 2FA on most of your online accounts and your devices. You’ll usually find the option to turn it on in the privacy settings. Check your bank’s website to see what their 2FA options are, and how to set it up.

3: Update your apps. Updates aren’t just about adding new features. They’re also about fixing vulnerabilities that attackers can use to gain access to your information. When you’re alerted to an update for one of your apps, don’t ignore it – install it as soon as possible. Check the permissions and settings on your apps too. Make sure they don’t have access to any other features that you’re not comfortable with. You might want Facebook to access your photo library, for example, but your weather app probably doesn’t need to. Make a point of deleting any apps you don’t use.

4: Check your privacy. Take some time to check out your online self to look at what you’re sharing. That means both the information you choose to share yourself, and the information you’re asked to share by the companies you have online accounts with. Everyone knows your pet’s name, where you went to school, where you work, and even when you’re away on holiday. This window into your life can give an attacker information they could use to access your data. Check the privacy controls on your social media accounts. Set them so that only your friends and family can see your full details. Always check that a web page is secure before you send any information through it. Secure pages have a URL that starts with HTTPS, and will often display a padlock icon next to the URL.

For more information visit www.cert.govt.nz/cybersmart.



Cyber Smart
Week 8 – 12 October
2018

New Clinical Manager for Social Work – Christchurch campus

Catherine Hughes will be taking up the position as Clinical Manager for Social Work from 19 November.

In the interim Rose Henderson will continue in the Acting Clinical Manager role.

Catherine is an Associate Professor and current Head of School in the Social Practice – Health and Community and Sciences network at Unitec Institute of Technology in Auckland.

She has an extensive background in working and teaching in Social Work including a PhD in the field of Health Social Work and numerous published papers.

Catherine says she is looking forward to being back in the health field, working in the hospital where she completed her PhD research and working in a clinical environment.

“This position will allow me to utilise all of the skills and knowledge I have gained from my years of experience in Social Work management and in education, alongside my research portfolio and practice as a Hospice Social Worker.”

She is looking forward to meeting the team and getting underway with the new position.

Director of Allied Health, Christchurch campus Garth Munro says he wishes Catherine all the best in her role and looks forward to working with her.



Catherine Hughes

Get ready for ShakeOut 2018!

It's just over a week until the New Zealand Shakeout – our national earthquake drill and tsunami hīkoi, happening next Thursday 18 October, 9.30am. Canterbury DHB's enrolled along with other DHBs throughout the country.

Participation in the 9.30am [Drop, Cover and Hold](#) drill (or tsunami hīkoi) is optional. However, it's a great opportunity to think about what you'd do if a disaster struck, and to make a plan if you haven't already.

Do you know what you'd do if a major disaster happened while you were at work? How would you get home and get in contact with your family? Make a plan using the Civil Defence Emergency form [here](#).

You can also do one for your household online [here](#).

Do you have a Get Away kit ready if you need to leave home in a hurry? Find out what you need [here](#).

If you have any questions regarding emergency management (including further information on training), please contact Emergency Planning Coordinator Tui Theyers at tui.theyers@cdhb.health.nz.



One minute with... Rebecca Ellis, Orthoptist

What does your job involve?

I work with children who have reduced vision (amblyopia) or strabismus (squint). Often we need to give these children treatment by patching the good eye using drops which blur the vision in the good eye. This forces the child to use the weaker eye and aids the development of vision. This is important as a child's visual system only develops until around the age of seven or eight. Although the majority of my work involves children, we do treat adult patients who come to see us if they are suffering with symptoms of double vision.

Why did you choose to work in this field?

When looking at possible options at college in the UK I was torn between Physiotherapy and Orthoptics. After sitting in on some clinics, I knew that Orthoptics was the right choice for me.

What do you like about it?

One of the most rewarding things in my job is helping to relieve double vision in adults. Although it is amazing to help children's vision develop, they don't quite understand the process. Adults are so grateful if you can enable them to read the newspaper again. It's the little things!

What are the challenging bits?

Working with children. Not all two- and three-year-olds, or a child of any age, quite understands why it is important to wear an eye patch to test their vision separately.

Who inspires you?

My best friend. She has grown up having a lot go on around her. She finished college at 18 and had a baby. A few years later she got married and had another baby. Whilst her husband is often deployed overseas with his job in the Navy she manages two young children and is still owning her final year at university. She always shows courage, strong-will and determination.

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?

Patients put their trust in me and I am honoured by that. The most important thing for me is to make sure my patients leave understanding their problem and what happens next. Caring is not always about giving a diagnosis/treatment, it is also about being compassionate to patients about their feelings.

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

Hawaii! I have never been but it is somewhere I intend to visit. Aloha!

What do you do on a typical Sunday?

Go on a nice long walk with beautiful views. It usually ends in a café with coffee and cake.

One food I really like is...

I am not sure I could pick a favourite but Mum's Sunday roast is always a yes.

My favourite music is...

I love Ed Sheeran but Blink 182 are also up there.



Rebecca Ellis

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 12 October 2018 – 12.15–1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker: Dr John Wyeth, Medical Director, PHARMAC
“Access Equity for Medicines”

Not all New Zealanders are achieving the best health outcomes from medicines funded by PHARMAC. We don't think this is acceptable, so we're striving to eliminate inequities in access to medicines by 2025. The session will introduce PHARMAC's Bold Goal of 'eliminating inequities in access to medicines by 2025' and some of our thinking about the drivers of equitable access to medicines and where we think we may be able to intervene. We hope to finish with open discussion on how we can work together to achieve equitable medicine access and health outcomes.

Chair: Peter Ganly

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

All staff and students are welcome.

Next is – Friday 19 October 2018, Rolleston Lecture Theatre
 Convener: Dr R L Spearing – ruth.spearing@cdhb.health.nz.

Recruitment approvals from Max!

Something you've wanted for a *long* time is being delivered!

The voice of our people has been loud and strong in the co-design of the recruitment approval service. Today is the culmination of months of engagement with GMs, clinical and operational leaders, hiring managers, corporate and divisional finance teams and recruitment teams both in Canterbury and on the West Coast. As a result, four recruitment approval processes will workflow through Max.

Max
 People and Capability



The first two recruitment approvals services were released today!

1. Approval for a new position – Used when seeking approval for a position that creates additional FTE and or headcount over budget
2. Approval to replace a staff member – Used when seeking approval for a replacement into an existing position

No longer will there be ATA, ATR, or RTR confusion. Each recruitment approval service has been agreed upon with General Managers, and standardised across both Canterbury and West Coast DHBs.

The second two recruitment approvals services will be released *next* Monday 15 October afternoon!

3. Approval to extend a fixed term employee – Used to extend an existing fixed term employee contract
4. Increase|Decrease my Employee's Hours – Used if an employee is decreasing or increasing their FTE [hours of work]

More from me next week!

Yours truly,
 Max

Christchurch's festival of cycling is back for 2018!

[Biketober Christchurch](#) brings together everything to do with cycling with a whole month of cycling-related activities including rides, community events, competitions and maintenance workshops.

Coming up this week are eight Biketober rides and events. A special mention must be made of the 'Go by Bike Breakfasts' on Wednesday 10 October from 7–8.30am.

There are three venues this year: two are on the newly minted 'Quarryman's Trail' on the corner of Barrington Street and Struss Place, and the corner of Strickland Street and Bletsoe Avenue. The third is at Edgeware village. Just turn up on your bike and enjoy a free breakfast snack!

The [Bike Expo weekend](#) on Saturday 13 October and Sunday 14 October is a one-stop-shop where you can find out anything about bikes. There will be information on bike touring and bike accessories, you can speak with bike advocates, try out e-bikes, watch cycle racing and much more!

biketober



Christchurch, 1–31 October

Wellbeing Workshops

For All Canterbury District Health Board Staff

You play a crucial role in the delivery of high quality care to the Canterbury/West Coast community. It's just as important that we care for ourselves and each other too; *Care Starts Here* with each of us making the time to *be and stay well*. Getting a better understanding of how you manage stress – and increase the number of positive relationships and social connections – enhances your overall wellbeing.

We are running a number of workshops in 2018 encouraging you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients – will also benefit.

We recommend attending a Wellbeing Workshop before you attend a **Strengths Workshop**.

Workshop Details:

- All Workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Price MSc Psyc, B.Comm, BA Hons, C.AT, MNZAPP
- For dates and to register for a workshop – [click here](#)

Workshop Overview:

- The importance of wellbeing; psychological and emotional effects
- Learn about stress responses and how to cope with stressful environments
- Understand the science and practice of applications of self-care
- Gain skills and take ownership of tools for increasing your own and others' wellbeing
- Enhance positive relationships and social connections
- Improve your health and wellbeing: 5 Ways to Wellbeing, Staff Wellbeing Programme

For More Information Contact:

Lee Tuki - Staff Wellbeing Coordinator

E: Lee.Tuki@cdhb.health.nz **P:** 027 689 0285

[Click Here to Register](#)



Community Open Day

Celebrating Mental Health Awareness Week
Saturday 13 October 2018, 10.00am - 2.00pm
116 Marshland Road, Shirley



Free Sausage
Sizzle



Browse our free
mental health library



Talk to us about
our services

www.mherc.org.nz





BounceBACK

Phase IV Cardiac Rehabilitation Trial

The 8-week BounceBACK programme is delivered by Exercise as Medicine Professionals who are qualified in Phase IV Cardiac Rehabilitation in the community and who are practised at making exercise effective and enjoyable for all fitness levels.

We are seeking people who have had a cardiac event like a heart attack, CABG, stent or valve replacement or who have a cardiac condition like heart disease or atrial fibrillation, and have been cleared by their GP or clinician to exercise, to participate in a pilot programme designed to evaluate the impact of BounceBACK in terms of improving cardiac efficiency and reducing the likelihood of future events.

When: Tuesdays from 10am -11am from 23rd Oct for 8 weeks

Where: BodyFix Gym - 450 Tuam St - Phillipstown

Cost: \$8 a session - first two sessions FREE.

To book your place, or for more information, please contact:

Tim Webster: tim@exerciseasmedicinenz.com or 021 0228 2551

Supported by: Green Prescription





Community Education Seminar

Tuesday 16th October 2018

Residential Care Subsidies

Whether your family is currently facing the important decision regarding someone moving out of their own home and into residential care, or you want to be prepared for this eventuality, this is an opportunity to hear Fleur McDonald, Senior Associate at Pier Law, talk about and de-mystify the process.

Please ensure you register by phoning

03 379 2590 or 0800 444 776

DATE	Tuesday 16 th October
TIME	10.30 -12 noon
VENUE	Dementia Canterbury Unit 3, 49 Sir William Pickering Drive, Burnside, Christchurch (off Roydvale Avenue – behind “Café 43 Degrees”)

Address: 3/49 Sir William Pickering Drive, Burnside, Christchurch **Postal Address:** PO Box 20567, Christchurch 8543
Ph: 03 379 2590 or 0800 444 776 **Email:** admin@dementiacanterbury.org.nz **Website:** www.dementiacanterbury.org.nz

ARE **YOU** READY?

New Zealand
**Shake
Out** ™

Our national earthquake drill
and tsunami hiko

9:30am, 18 October 2018



www.shakeout.govt.nz

Save the Date

WEDNESDAY
31 OCTOBER
—
THURSDAY
1 NOVEMBER

TE MATAU A MĀUI WORKFORCE SERIES

Tai Tapu Event Centre, Rhodes Domain, 722 Old Tai Tapu Road

The Māui Collective comprising of Māori and Pasifika health providers within Canterbury District Health Board are excited to extend this invitation for you all to **Save the Date** for our inaugural 'Te Matau a Māui' Workforce Series.

We have brought together a fantastic range of speakers, mentors and break out sessions to create a fast moving, upbeat, engaging couple of days. 'Te Matau a Māui' Workforce Series gathers the sector workforce in one space to be inspired, challenged and empowered from those in and beyond our sector.

You will:

- hear from speakers leading change and transformation
- have your thinking provoked and challenged up close from critical friends
- build your knowledge and know how in a practical sense
- reflect on your own practice through collaborative learnings
- exercise some whanaungatanga and enjoy some great kai

We encourage you to take the time to invest in you and your people's development. Fortify your spirit and recharge your commitment to change for our people. Be part of the journey, come along and connect at Te Matau a Māui.

REGISTER HERE!