



Visitors from NHS Wales and NHS Scotland

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Relationship building was at the heart of a visit to Canterbury last week when we hosted a group of health leaders from Wales and Scotland. It was heartening to hear them say that in the UK, the word in health circles is to watch what we are doing in Canterbury. They had reviewed the first [Kings Fund Report in 2013](#) that showed what we were achieving, and now, four years on, the [2017 Kings Fund Report](#) shows we have built on that success.

It was fantastic to have the group here, and for them to sit in our place. No health system is perfect and like many others we are on a journey to find ways to improve the way we work in order to make it better for people in Canterbury and the Chatham Islands. There is always more to learn, because when we stop listening and learning we will be in terminal decline.

That's one of the many reasons these visits are so important, as we can learn from each other. Our UK colleagues were able to talk to people here who are part of an alliance, and part of a connected system that puts the patient at the centre of all we do. They enjoyed having a good look 'under the bonnet' to see how our health system works, and we heard about their challenges and what's working for them. These visits take time but the mutual benefits they bring are invaluable and I'd like to thank everyone who spent time with our visitors last week.

Chief Executive of Cardiff and Vale University Board Len Richards told us this trip comes with Welsh Government support, which means his organisation is getting backing at the highest levels.

During the week the six member delegation met a range of leaders from across the Canterbury Health System including Pegasus Health, Allied Health, Planning and Funding, Nursing, Radiology, and People and Capability. They visited the 24 Hour Surgery, travelled to Ashburton, and spent time in the Design Lab. Our visitors were most impressed with our Community HealthPathways and Hospital HealthPathways, as well as the capabilities of SfN [Signals from noise], our key data engine. There were also days of practical discussions around the set up and delivery of several of our pathways, including Chronic Obstructive Pulmonary Disease, Community Rehabilitation, Enablement Support Team (CREST) and Enhanced Recovery after Surgery, Fracture Liaison Service, and Neck of Femur Fracture.

The power of what's possible came to the surface during one of the sessions looking at data in our operations centre. There was an 'aha' moment for one of our visitors as 'the penny dropped' about the potential for targeted service improvements when you have real-time data:

"I feel quite emotional about this, as the potential is huge, we could make huge gains here; we could start small with one practice, then a cluster, then a locality – the difference it could make is significant. Data is powerful. There are so many ideas and opportunities we can take from this..."

As we've learnt that the more data we can bring in to our system the richer the picture we have of what's happening and where any 'hot spots' may be. Having real-time data is important as it means we can identify blockages and move

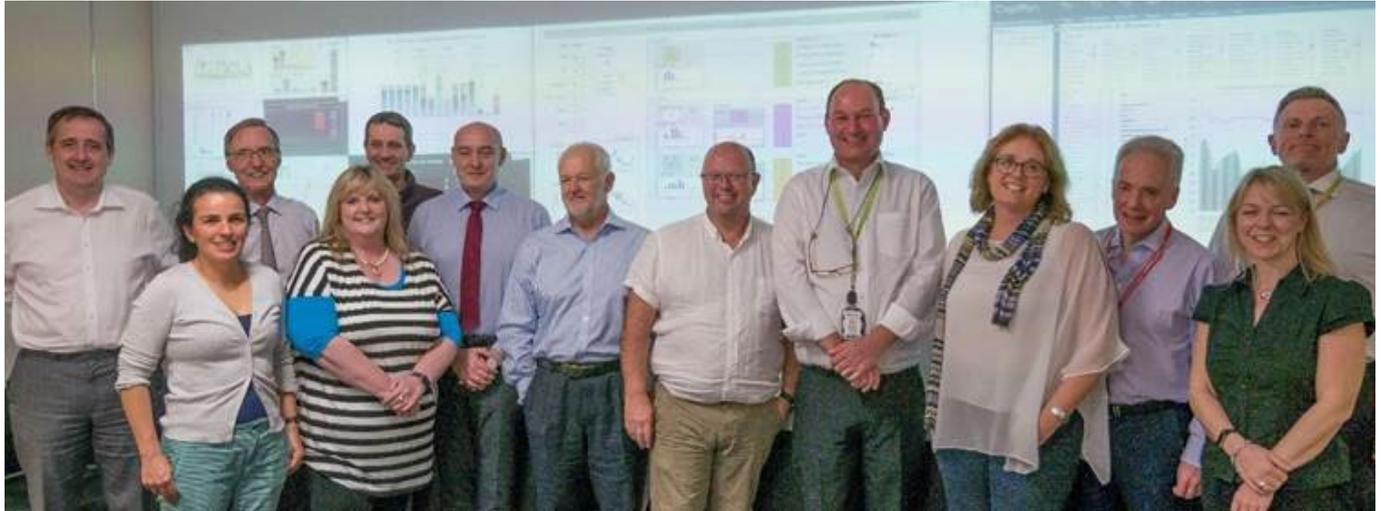
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faster to target resources where we'll get the best possible outcomes – where we will have maximum impact to improve flow in our health system. Importantly, if our first intervention doesn't work, we can quickly change tack, and closely monitor progress. Data tells the story and guides our decision-making.

Making data visible to everyone via the [Seeing our System](#) portal, means all staff can monitor performance, over time, on a range of measures via our [Outcomes Framework](#).

We look forward to continuing to grow and develop our relationships with colleagues from around the globe. Our collective focus now is on building an alliance that spans New Zealand, Scotland, Wales and Australia – with a Sydney health system keen to be part of our global alliance to make health systems better.



L-R: Justin Kennington, Lightfoot Solutions; Soledad Labbe-Hubbard CDHB; Timothy Shepheard-Walwyn; Carolyn Gullery CDHB; Alun Tomkinson, Cardiff & Vale University Health Board; Michael Gumley, Lightfoot; Tony Young, Cardiff Council; Len Richards, Cardiff & Vale; Ian Shields CDHB; Anna Kuczynska, Cardiff & Vale; Malcolm Wright, NHS Scotland [Grampians]; Sue Morgan, Cardiff & Vale and Trevor Read from Lightfoot

A warm welcome to our 50 newest doctors

Last week we welcomed our new resident medical officers (RMOs), an intake of 50 freshly-graduated doctors.

Our PGY1 doctors will complete 8 runs encompassing many different services over a two- year period in line with Medical Council of NZ requirements, before they can gain full registration.

Last week they all attended a four-day clinical orientation organised by our Medical Education and Training Unit (METU), which covered everything from computer software training, clinical skills and clinical inductions, with presenters from around the hospital providing information about their specific departments.

The primary function of METU is to oversee the education and training requirements of all PGY1, PGY2, PGY3 and above, and non-training registrar RMOs to enable them to successfully transition into a vocational training programme. This is achieved through many initiatives, including the provision of a structured teaching programme, 1:1 supervision and mentoring, guidance, and support.

This is an exciting time for our PGY1 doctors to put into practice all they have learned at Medical School. A warm welcome to you all – I wish you a fulfilling career in health and am pleased you chose to begin your journey with us.

As part of their orientation week activities, The Great Race was held to help our new doctors find their way around Christchurch Hospital – which is no mean feat. As the photos show, it was a lot of fun. See the photos on page 14.

Have a great week, as we transition from November to the busy month of December.

Remember the five ways to wellbeing to help keep you on track: Be Active, Take Notice, Give, Connect and Keep Learning.

David Meates
CEO Canterbury District Health Board

Facilities Fast Facts

Acute Services Building



It's time for a flashback. It's hard to believe that this time two years ago on 24 November 2014, the site of the new Acute Services Building looked like this... the prep works entailed the removal of approximately 1600 truck and trailer loads of soil and sand to be removed from the site behind Christchurch Women's Hospital.

On 24 November 2015, the foundation slab was in place complete with 129 columns for the base-isolators that sit between the building's foundation and the ground floor concrete slab.



On 24 November 2016, a good chunk of the 7400 tonnes of reinforcing and structural steel were in place.



On 24 November 2017, all the curtain wall is in place with work taking place on the top of the East Podium to support the building's plant (equipment needed to run the hospital) which is on Level 2 below.





Bouquets

Community Rehabilitation Enablement & Support Team (CREST)

What an excellent service CREST is. Such friendly helpful staff, always so bright and helpful. We were amazed at the help we got and what we could have had if needed. A great team and many thanks to the wonderful people who helped in my recovery. I had wonderful help from main nurse and carers. Can't speak too highly of them.

Endocrinology Laboratory, Christchurch Hospital

I want to pass compliments to the staff in the Endocrinology Laboratory. They were pleasant all day even when they went through their busy times. They were thoughtful and caring. They chatted/interacted well with everyone without losing any professionalism.

Park and Ride shuttle

Awesome service, minimal wait time. Thank you.

Outpatients, Christchurch Hospital

Just like to thank Dr Chai for the excellent bedside manner and patience he had with my mother. He was very thorough and explained everything clearly and calmly. Thanks again.

Oncology, Christchurch Hospital

The staff at treatment stations magnificent and Wendy brilliant, no problems.

Bernadette, Ward 12, Christchurch Hospital

Recently my father was a patient in Ward 12. He was looked after by Registered Nurse Bernadette who was very caring and professional towards him, particularly when he became disorientated after his procedure. Thank you Bernadette, you were really appreciated.

Suzanne and Ruby, Ward 11, Christchurch Hospital

I'd like to thank Suzanne and Ruby for looking after me and going the extra mile to make sure I was looked after well while I stayed here. No complaints. I'm very happy with the service I was provided. Thank you very much.

Ashleigh, Morven, Alyssa, Apul, Nadine and Jocelyn, Ward 15, Christchurch Hospital

I was recently admitted to Ward 15... I was very poorly and required quite demanding nursing care. Nurses Ashleigh, Morven, Alyssa, Apul, Nadine

and Jocelyn took extra care of me and at times were required to perform beyond expected nursing duties. My stay was five days long. I am a Christchurch Hospital theatre nurse and felt very appreciative of the fine care that I received, along with the other patients in my ward. Canterbury DHB should be very proud of the calibre of Ward 15 nursing staff and the quality of their excellent nursing care.

Bone Shop, Christchurch Hospital

All the X-ray nurses were adorable! I love the ladies who put my cast on from day one. Great people. Cheers for the immaculate service.

Nurses (ward/hospital not named)

To all the wonderful, caring, gentle nurses who cared for our Mum last week. We just want to say a heartfelt thank you for the kindness and respect shown to ... in her last days on earth. I know that everyone is special, but if you had known ... you would have to acknowledge her amazing capacity for love. We are going to miss her so. The kindness, the empathy, and the loving care shown to Mum will never be forgotten. All our love.



The Library

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

- » [“Progressing the Sustainable Development Goals through Health in All Policies: Case studies from around the world”](#) - this new case study book documents experiences, capturing important elements of Health in All Policies (HiAP) practice through an analysis of established and emerging models from around the world in the context of the 2030 Sustainable Development Agenda. Included is how a HiAP approach was applied to the development of the Greater Christchurch Urban Development Strategy. From the *World Health Organization*, published online: 2017. Shared by Health in All Policies Advisor Chantal Lauzon.
- » [“Scientists wake up to coffee’s benefits”](#) - researchers have found that drinking three to four cups of coffee was more often associated with benefit than harm over various health outcomes. It was associated with the greatest benefit in terms of cardiovascular disease, coronary heart disease, and stroke, when compared with not drinking coffee. Long black anyone? From *BMJ*, published online: 22 November 2017.
- » [“Bullying of clinicians rife, survey shows”](#) - a survey presented at the Association of Medical Salaried Specialists (ASMS) conference in Wellington on Friday showed that of the respondents, more than a third of senior clinicians in the New Zealand public health system have been bullied and two-thirds of senior doctors and dentists have witnessed bullying. From *Otago Daily Times*, published online: 24 November 2017.

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

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

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

CARE AROUND THE CLOCK

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

Canterbury District Health Board
Te Pori Hauora o Wairarapa

#carearoundtheclock

Care Starts Here

In the Canterbury Health System we are passionate about caring for the people of our communities. It's just as important that we care for ourselves and each other too.

The Wellbeing Survey 2016 identified that while staff are highly engaged and passionate about keeping the people of our communities well, many are drained after the enormous pressures and unprecedented challenges of the last six years. If we fail to look after ourselves and those around us, evidence shows that we don't deliver the best care we could.

We also know that there are some behaviours such as operating in siloes, struggling to speak up and listen and bullying can lead to poor patient outcomes.

In response, the organisation is launching a new programme of work called **Care Starts Here Te Mātāpuna Ora**.

Out of the survey and People Lifecycle workshops where more than 4,000 of our people provided input, three key behaviours emerged as important for how we work and care: *Doing the Right Thing*, *Being and Staying Well* and *Valuing Everyone*.

We all help make our health system great from the boiler room to the operating theatre. Every day people step up in big and small ways to make things work better for the people we care for and each other and we want to acknowledge and grow this behaviour.

Doing the Right Thing

He tika te tika



The standards of behaviour and performance that we expect from ourselves and each other – like taking responsibility, acting ethically and with integrity, and showing care and respect.

Being and Staying Well

Oranga tonutanga



Looking after ourselves so we can work most effectively for those we care for, those we work with and alongside, and the organisation.

Valuing Everyone

Mana tangata



Growing and respecting our colleagues' diverse backgrounds, experience, perspective and skills so that together we can continue to innovate and deliver even better care.

To help embed these three key behaviours in how we work, the DHB is doing a number of things:

- » We are encouraging people to think and talk about how we work, sharing stories in a range of channels, from Facebook to team meetings.
- » In consultation with staff, our union partners and professional bodies, we'll be strengthening and developing people policies and processes, including our Code of Conduct, which will make our accountabilities and commitments to each other clear.
- » We will then be rolling out education, tools and resources so people can learn about these policies and bring to life *Doing the Right Thing*, *Being and Staying Well* and *Valuing Everyone*.

How to get involved

- » Join the conversation and share examples of you or your team *Doing the Right Thing*, *Being and Staying Well* and *Valuing Everyone* via the [closed Facebook Group](#). (See [tips for keeping your profile private](#) if you want to limit what other group members see.)
- » Take part in the survey early next year which will inform policy review
- » Send in suggestions and feedback for promoting Care Starts Here by contacting carestartshere@cdhb.health.nz
- » Give a Big Shout Out to your colleagues this December! (see more details over the page)
- » Keep an eye out for more opportunities in the new year

Big Shout Out coming this December!

What better time than the season of giving to give thanks to your awesome colleagues?

The first initiative for **Care Starts Here**, The Big Shout Out, launches next week and runs until 22 December.

We're making it easy for you to let your workmates know you care with a special **Big Shout Out**.

Send a photo or video message via our Big Shout Out photo booths or roving volunteers and choose whether to just share directly to your intended recipient or make it a public shout out that all can see.

No contribution is too great or small to recognise – have fun, get creative, do it with your friends but most of all don't miss this chance to say cheers and make someone's day.

Valuing everyone – their contribution, their attitude, that time they stepped up – is an important part of making this a great place to work and working together to deliver excellent patient care.

Times and locations for photo booths will be shared in the daily Staff Communications Update email and on the [Care Starts Here intranet page](#).

See Shout Outs at www.facebook.com/groups/CareStartsHere (this is a closed Facebook group for Canterbury and West Coast Health System staff only)



Making Health, Safety and Wellbeing Better

A lot of progress has been made this year improving health and safety systems at Canterbury DHB.

In 2015 we commissioned an external review of our health and safety system which found that while we had all that we needed, it would be good to have greater consistency across the organisation, and make things simpler so it's easier to do the right thing. Our actions to make it better continue to be informed through engagement with our people and through initiatives such as the Staff Wellbeing Survey and People Lifecycle Review.

To help make our health and safety system work better, this year the Wellbeing, Health, Safety Team have:

- » Improved the Safety 1st Employee Incident Form so it is quicker to complete and provides better information which enables more effective investigations.
- » Engaged with the organization around the coverage, roles and responsibilities of Health and Safety Representatives and Committees. This has included piloting a new approach in Ashburton and Burwood. Once the approach is confirmed it will be extended across the organisation from 2018.
- » Developed a [Wellbeing and Staying Safe](#) online space that contains policies, procedures, and guidance for employees, contractors, students, and volunteers working for Canterbury DHB. You can check out the online space at <http://people.healthdox.org/>

- » Continued to update our policy and procedure framework, and make this information more easily accessible and consistently applied. This year Canterbury DHB has adopted a new '[Fit to Work](#)' policy designed to support people to stay or return to meaningful work, and a new '[Managing Aggression and Violence at Work](#)' policy to support our people to be, and feel safe, at work.
- » Received feedback from nearly 1500 staff as part of a review of Occupational Health services. A report with the findings of the review is expected to be released in early 2018.

In 2018 we'll be building on this body of work, further developing key policy and procedures of work, supporting materials, enhancing worker participation and engagement in health and safety, and ensuring policies and tools are easy to find and simple to use.

Increasing Flu Shots in 2018

We'd love your feedback on ways we could improve the promotion of our free staff flu vaccination programme. Whether you had a flu vaccination this year or not, we'd greatly appreciate it if you could spend one minute completing our online survey: <https://www.surveymonkey.com/r/CDHBFlu2017>

BETTER TOGETHER

Destination Outpatients



Workshop four – Ways of Working

On 23 November, administration and nursing staff held their fourth workshop under the auspices of the Christchurch Outpatients and Ambulatory Services Team (COAST). The workshop covered two key aspects – ways of working together in the new Outpatients facility and the transition to South Island Patient Information Care System (SI PICS).

The workshop was well attended and feedback was positive – the team reported many “lightbulb” moments as people brought their good ideas with them. Details on the feedback and the presentations from all the COAST workshops are [available on the intranet](#).

SI PICS familiarisation starts on 4 December

At Workshop four, staff were given an update on SI PICS progress by Jason Elley and Karen Dodgshun from the SI PICS team.

From 4 December, on Tuesdays and Wednesdays, the SI PICS training team will be running one-hour SI PICS familiarisation sessions, to allow staff to become familiar with the system ahead of more formal training which is planned to start in February 2018.

The hour is planned to cover:

- » A high-level SI PICS workflow
- » A review of a Patient Profile, Referral, Waiting List and Visit (for both inpatients and outpatients)
- » A review of the Workbenches and Ward Management screens.

The goal of these sessions is to provide users with an understanding of the key terms and workflows in PICS, and to understand their training needs. Sessions will be set up in HealthLearn, so anyone with a [HealthLearn](#) account can log on and book into a session that best meets their needs.

The sessions will be run at the Innovation Lab, Lower Ground Floor of Parkside West, Christchurch Hospital.

After the familiarisation sessions, users can register for follow-up sessions focusing on specific activities, for example the Inpatient Ward Clerk process of admitting, transferring and discharging a patient.

Additional hands-on sessions are planned for the SI PICS superusers.

For more information, there's a [SI PICS page on the intranet](#).

Christchurch Outpatients

Three sides of the Christchurch Outpatients have the windows in. Work is progressing on all five floors including room fit outs and installation of data cabling. Painting is also starting in some rooms.



The Parking Spot

Changes to Weekend Staff Parking

With the introduction of paid afternoon car parking in the Staff Car Parking Building; a review of all parking charges has taken place.

It has been discussed with the car parking committee, the Executive Management Team and operational GMs and a decision agreed that from 1 January 2018 charges for daytime weekend parking in the staff car park building will be introduced.

In line with the charges for the afternoon shift parking, this charge will be \$2.20 per use; as with the afternoon car park this charge will be connected to your ID Badge.

In order to implement this change all staff who use the car park during the day Saturday and/or Sunday will be required to complete a car park charges payroll deduction form. This form is available via the intranet "forms" and should be downloaded, completed and returned to carparking@cdhb.health.nz.

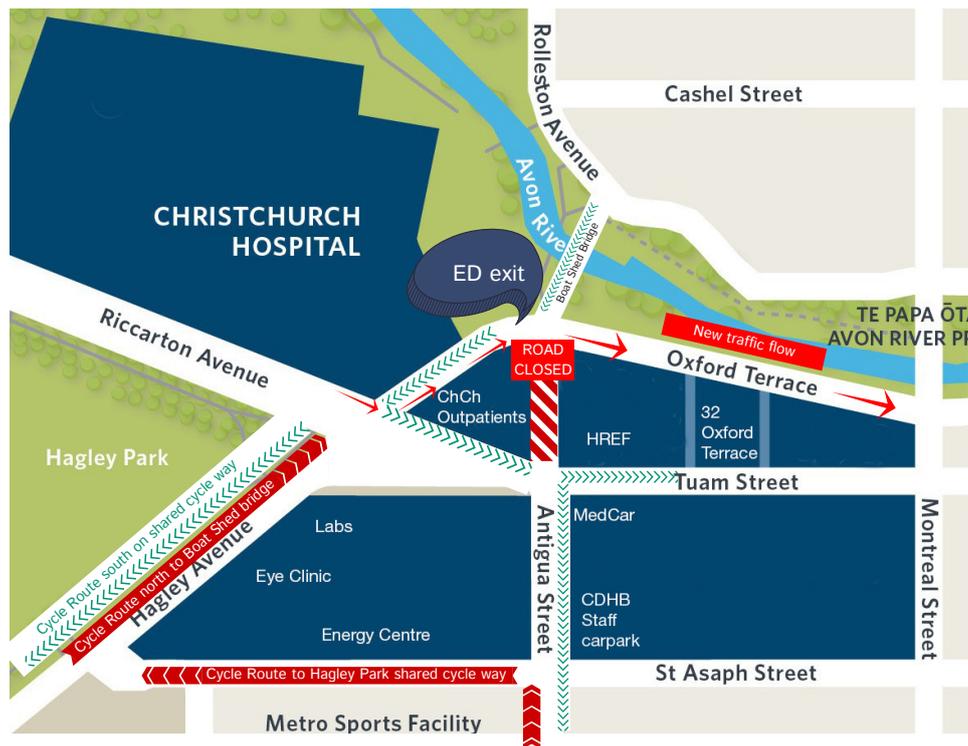
Due to the Christmas break forms should be returned to us by Friday 15 December to ensure you have access from 6 January 2018

The link for the form can also be found under "The Parking Spot" on the front page of the intranet; alternatively you can collect a form from the front desk at Christchurch Hospital.



Please take note

From Monday, 27 November there are changes to road, cycle and pedestrian routes around Hospital Corner



If you are cycling north to the hospital up Antigua St, turn left at St Asaph and then cross the road at Hagley Ave to get onto the shared cycle/pedestrian path on the edge of Hagley Park. Cross at the traffic lights at Hospital Corner.



If you are cycling or walking south from the Hospital, you will NOT be able to use Antigua St between Oxford Tce and Tuam. Use the cycleway/pavement on Oxford Tce to Hospital Corner. Depending on where you are headed you can either cross to Hagley Park, or turn left onto Tuam St.



From Monday, 27 November, the traffic flow on Oxford Terrace past the Pegasus Arms is changing direction. Traffic will enter left from Riccarton Ave or exit left from Christchurch Hospital and go towards Montreal St.

Choosing Wisely – stopping unnecessary early pregnancy dating ultrasound scans

Pregnancy is usually an exciting time and a woman and her partner will want to know everything they can about the baby and how it is growing.

However many pregnant women in Canterbury have an unnecessary early ultrasound dating scan when for well women two scans for screening are usually all that are required.

Despite this it has become the norm for women to have an early ultrasound dating scan and there is a high demand for six week scans for uncomplicated pregnancies. Some women have quite a few scans.

New Zealand has joined an international campaign called Choosing Wisely, which encourages everyone to think about what tests are really necessary. It recommends the best, most modern practice for healthcare – and often that means not having some tests or treatment.

The recommendation against having a dating scan at six weeks is part of an overall trend away from unnecessary tests that are of little or no value in terms of a person's healthcare.

The Choosing Wisely programme is advising women, general practitioners and midwives by letter that an early dating scan doesn't make pregnancy any safer.

The pregnancy can be accurately dated at the time of the nuchal translucency scan at 12+ weeks and early anatomy assessment is performed at this stage, which is not possible at earlier scans.

There is little to achieve from early dating scans before 12 weeks unless an ectopic or other complication are suspected, says GP member of the Canterbury Choosing Wisely group, Graham McGeoch.

"They are not recommended by the Ministry of Health, the Choosing Wisely programme, NZ College of Midwives or local radiologists."

Some women find the early dating scans generate considerable anxiety and lead to further scans, with no evidence of improved outcomes.

The Canterbury Choosing Wisely programme is sponsored by Chief Medical Officer Canterbury DHB Sue Nightingale.

You can read more about Choosing Wisely at <http://choosingwisely.org.nz>

CEO Update puts its feet up

Some of us are looking towards a break over the holiday period and the *CEO Update* is no different.

Our last issue for 2017 will be Monday 18 December and we will be returning in 2018 on 22 January.

If you would like to discuss a potential story for the *CEO Update* please contact us at communications@cdhb.health.nz.



Start Cyber Smart Week by stepping up your cyber defences

“Connectability” without security is a bad mix, like potassium and water or pineapple and pizza. Ask any parent whose child is taking their first steps into cyberspace, or anyone who has a teenager that already knows more about life online than they ever will. Any of these are volatile combinations destined to end badly.

In our home life we know these things because we see the obvious risk and feel the consequences personally. Imagine then if you will, that your home system had 10,000 users. How much more security conscious would you be then?

There's no less at stake at work and many would argue that there is much, much more. People depend on our systems working to deliver the best possible care. Cyber security in health is, quite literally, a matter of life and death.

Now that you are good and scared it's time for a little quiz. These questions are mostly aimed at our Achilles heel – those wonderful mobile devices without which we'd be so lost.

There is good news, however you answer – it's relatively simple to make a few small changes that will make a big difference. Rob Pope, Director CERT (Computer Emergency Response Team) NZ, part of the team behind Cyber Smart Week in New Zealand, says international evidence shows that 85 percent of cyber security incidents can be prevented by simple measures.

Cyber Smart Week calls for just one positive change (but you can make more).

Here then is the quiz and a few simple videos to help you make those changes:

Passwords – when did you last change yours?

Is your device even password protected? If it's not, and you lose it, you will be sharing everything that is on it.

Is your password too simple, or one of just a few that you use for almost everything? Most devices or their updated software now enable a six figure or even a mixed character password, both of which are much safer than your birthday.

Check out: [Beginner's guide to ransomware, and how to protect yourself.](#)

Do you have two factor authentication (2FA) turned on?

If you ever log into our servers remotely, you will know what 2FA is. Similarly if you have ever had an account lock out and used ISG's automated password reset, you have to answer their security questions correctly and own the mobile they will text an unlock code to.



If you have an Apple ID, it should allow you to set up 2FA. Devices that use other operating systems will have similar set ups. Having 2FA enabled means that in order to buy things on your account or otherwise create mischief, besides having your password, a hacker will also need be holding your mobile device when the text comes through with an authentication code.

Watch: [How to beef up security on mobile Apple devices.](#)

Do you shut down or restart your desktop or laptop frequently?

Cyber threats are getting more sophisticated, and it's an arms race between emerging new threats and the security updates that protect against them. Only by frequently closing down your computer can you be sure the latest protection is installed.

Have you checked your social media security settings lately?

For most of us this is more a personal thing and less about work, but you should review your privacy settings so you know exactly who can see what you post on social media. Most people who are active on social media have, at some time or other, shared something more widely than they meant to – checking your settings could help prevent this in future.

Look at: [How to check and change your Facebook settings, including blocking targeted advertising.](#)

For more information on Cyber Smart Week, visit www.cert.govt.nz/cybersmart

Unique opportunity to support children in hospital with fun mini sports cars

Children in hospital will soon be pulling up in style with a smile to procedures and appointments if two auctions for mini sports cars are successful.

The Māia Health Foundation wants to do something for the hundreds of children who undergo various procedures every day at Christchurch Hospital.

Forget the gurney or the wheel chair, the aim is to make what can often be a frightening and anxious experience less so by providing them a VIP ride.

The foundation is hoping to purchase two remote-controlled luxury mini vehicles to donate to Christchurch Hospital children's wards to transport children to the various consultations, procedures or appointments.

Māia has set up two auctions on Trade Me, one for each vehicle and needs the generous support of a company or two to bid on the vehicles and help us raise the funds to secure them. The auctions will run for 10 days.

The winning bidder for each car will also receive extensive branding on the vehicle acknowledging their generous support of this project and the Māia Health Foundation.

All funds raised will help secure the vehicles. All winning bids will be tax deductible as a donation. Please share with your friends and associates who may be interested in sponsoring a car and at the same time getting some fantastic publicity.

Red Ferrari – <https://www.trademe.co.nz/Browse/Listing.aspx?id=1472132420>

White Audi – <https://www.trademe.co.nz/Browse/Listing.aspx?id=1472132738>



The red Ferrari and White Audi mini sports cars which the Māia Health Foundation plan to purchase

A quarter of new first-year doctors identify as Māori

In 2014, 2015 and 2016 just two percent of post-graduate year one (PGY1) doctors at Canterbury DHB were Māori.

In the 2018 intake, currently being inducted now, 24 percent or 13 of 54 identify as Māori.

One of those doctors, Georgia Brownlee, Ngāti Awa, Ngāti Porou and Ngāi Tahu, says it's important to have more Māori doctors: "That was my reason for going into medicine. Learning about the disproportionate poorer health outcomes in Māori patients I wanted to reflect that with a proportionate amount of Māori doctors."

Ruruwhenua Rangitaawa, Te Atiawa (Taranaki), says, "I don't think it's so important to have Māori doctors as it is to understand the disproportionateness."

The high proportion of Māori doctors in the latest intake reflects growing numbers graduating medical school with both Auckland and Otago announcing record numbers of graduates in 2016 with 13 and 15.7 percent respectively. Both run targeted programmes and wraparound services to attract and retain Māori students.

Family connections seemed to be behind the high numbers of young graduate doctors choosing Canterbury DHB to ply their trade. Although the group agreed with Brittany MacDonald, Ngāi Tahu, Ngati Raukawa, Te Rarawa and Rangitāne: "Christchurch training for Māori Health is awesome."

They come armed with a range of motivations for what they want to achieve in their medical careers: "Competence," quips Ruruwhenua. "But actually, I want to get to the point in my career where I'm a consultant and the full team I work with is pronouncing my first name properly."

"Show the young people in the Chathams, where I'm from, that you can achieve great things in life," says Tara Millar, Ngāi Tahu, Ngāti Mutanga, Te Atiawa and Moriori.

For Chelsea Harris, Ngāi Tahu, it's "knowledge for myself and for the group".

"Serve the community and be a blessing back to them," says Gabrielle McLean, Ngāi Tahu.

Other iwi represented in the group include Te Aitanga-a-Māhaki, Ngāti Pāhauwera and Ngāti Kahungunu.



Ten of the 13 new junior doctors who identify as Māori in our latest PGY1 intake

RMO great race

If you were on the Christchurch Hospital campus on Thursday and spotted lei-wearing staff members around, they had a good reason for their colour attire.

They were involved in the Great Race – a fun activity among a week of clinical inductions for the new group of Registered Medical Officers (RMOs) who started at the hospital this month.

The race is a good way for the new doctors to orientate themselves around Christchurch Hospital. They were given a series of clues that led to different departments on the hospital campus.

They had an hour to work out where they needed to go, get there, and receive a stamp from a staff member before heading back to the Oncology Lecture theatre.



Working out the clues – where on earth is taringa, ihu, korokoro?



Team Seventh Place made up of (from left) Jared Campbell, Sophie Meyer, Minyan Voon, Tessa Hobbs, Chelsea Harris and Joshua Tiro had no problems finding their way around



Found – finding Cardiology/Ward 12 gets a team a stamp

It was exhausting and fun – all 10 departments visited and ticked off the list, from morgue to urology, plastics and the hyperbaric chamber.

Colourful Seager initiative inspiring hearts and minds

The creation of a mural on a wall in the Seager Clinic has enhanced the environment for clients and staff.

Over the past couple of months an Occupational Therapy (OT) initiative has seen the completion of a ward mural and recovery quotes painted onto a wall.

OT South Inpatient Alex Filsell says six consumers helped with the mural and a number of other consumers gave ideas and encouragement.

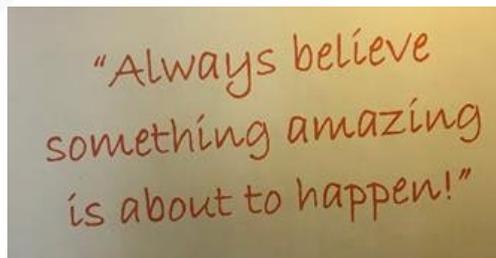
“Working alongside consumers, sharing in decision making and supporting them in taking ownership of their environment has been amazing.”

There has been positive feedback from both consumers and staff that the artwork has brought more colour and life to the ward.

“A number of consumers have said that they have a personal connection to specific parts of the mural and feel a sense of pride in their work.”

General Manager Mental Health Services Toni Gutschlag says she is appreciative of the many hours Alex spent supporting Seager in this initiative.

“Thank you for your time, enthusiasm and creativity!”



Two of the recovery quotes decorating the walls of the unit



The new Seager Clinic mural created by consumers and staff

Celebrating 10 years of a successful teaching collaboration

Nearly 50 people turned out on Thursday to celebrate the 10 years since the introduction of the Dedicated Education Unit (DEU) model of clinical learning and teaching for nursing students in Canterbury was implemented. The Canterbury DEU model is a partnership between Ara Institute of Canterbury and the Canterbury/West Coast health system.

This collaboration allows practice areas to provide a more supportive clinical learning and teaching environment for nursing students. DEUs are dedicated to supporting nursing students on clinical placement, encouraging incidental and intentional learning modes, and peer teaching.

The DEU is based on an Australian model and offers an alternative to the Preceptorship model to focus on student learning and curriculum integration. There are currently 47 DEU's across the Canterbury and West Coast Health Systems and more than 800 nursing students a year pass through these DEU's.



Cutting the cake to celebrate 10 years of a successful model of clinical teaching and learning for nursing students are: Cathy Andrew – Head of Department; Department of Nursing, Midwifery and Allied Health, Ara; Craig Jamieson – Clinical Liaison Nurse, SMHS; Jo Borren – Nursing Lecturer Ara; and Mary Gordon – Executive Director of Nursing, Canterbury DHB.

Canterbury Grand Round

Friday, 1 December 2017 – 12.15pm to 1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker 1: Gordon Beadel, Orthopaedic Oncology Surgeon: “Reconstructing missing bone segments and restoring function post sarcoma resection”

A case-based presentation demonstrating how we reconstruct significant bony defects and restore limb function in children and adolescents following sarcoma resection.

Speaker 2: Teurai Chikura, Respiratory Physician: “Not a standard case of pneumothorax”

A case of pulmonary complications of a relatively common disease.

Chair: Ruth Spearing

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

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

Video Conference set up in:

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

All staff and students welcome

Next is – Friday, 8 December 2017
(Rolleston Lecture Theatre)

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

One minute with...

Cheree Castle – Personal Assistant



What does your job involve?

I am Personal Assistant (PA) to George Schwass, Senior Operations Manager and Natalie King, Service Manager Women's Health who both have very busy roles within Canterbury DHB. The joy of being a busy PA is that every day is different – responsibilities range from juggling calendars, setting up meetings, booking travel, fielding phone calls, minuting meetings, arranging functions, processing consumer feedback, and the list goes on. Being an organised multitasker definitely assists!

George and Nat are a pleasure to work for, they are both very focused and motivated to 'get the job done' and to also make advancements and innovations in their areas. George is also heavily involved in the Health Precinct developments, which I find interesting.

Why did you choose to work in this field?

I have worked as a PA for the past 28 years (of which 17 of these have been in Canterbury DHB with Women's Health). Prior to this I worked for a large insurance broker in Auckland and at age 17 joined the Royal New Zealand Air Force in an administrative role. I love the buzz of helping make things happen. A lot of work goes into arranging functions/meetings etc and to see them go off without a hitch is satisfying.

What do you like about it?

Having worked in Women's Health for 17 years it has enabled me to work with an incredible bunch of staff and I have enjoyed sharing my learnings over the years with other staff across the organisation. I work with two very focused and driven managers which makes my job stimulating and exciting. I also get to network with other fabulous PAs which makes coming to work enjoyable.

What are the challenging bits?

There are so many very busy managers in Canterbury DHB who have diaries full of activity so setting up large meetings can sometimes prove challenging and almost like trying to piece a puzzle together at times! Occasionally I also strike disgruntled complainants and they can be less than polite!

Who inspires you?

Night shift workers in Canterbury DHB inspire me. Working these shifts must take such a toll on your body and wellbeing. I admire their commitment and stamina.

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?

As a PA being polite, professional, honest and responsible for my actions are all important. Adhering to confidentiality and discretion are a must.

The last book I read was...

The Light between Oceans by M.L Stedman. I read this while holidaying with family in Fiji recently – great easy read for beside the pool.

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

Meandering through the canals of Venice in a gondola would be quite nice! On my bucket list for another visit one day.

What do you do on a typical Sunday?

Over the summer months my weekends are quite often spent away in the caravan camping with the family. If home however I usually try and start the day with an early morning walk followed by a good coffee. I love to watch my son play futsal and then usually catch up with family or friends over a wine and dinner. Oh, and a tad of shopping is always popped in there for sure!

One food I really like is...

Thai Penang curry from 'Zab' – undoubtedly the best little Thai takeaway in Christchurch!

My favourite music is...

Anything Kiwi and absolutely loved the recent tribute to the Bee Gees screened on TV recently. Very much looking forward to seeing Ed Sheeran in Dunedin and Queen and Adam Lambert in Melbourne next March. Also can't forget Justin Bieber, One Direction and Lorde when the kids are around!

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

CCS Disability Action together with Play It Strange
Present



DECEMBER 2ND 2017 | 1 - 8 PM

GUEST STAR

MEL PARSONS + BAND

Cam Dawson Ruby Fusion Thuhoi Henry Marley Sola D.A. Dub
Ashy Batchelor Jonathan Petty Jono Boyle and many more!

Corner Madras and Gloucester Streets, Christchurch

Free Entry

www.facebook.com/nzcelebrateus/events

www.ccsdisabilityaction.org.nz/celebrate-us

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