



We need your help to keep Canterbury DHB as flu-free as possible

As you know, getting your flu shot every year is the best protection against getting the flu.

Influenza is a serious illness and around 80 percent of infected people show no symptoms (but may be spreading it). Widespread vaccination is important for individuals and communities as it's our best shot at reducing the impact of influenza.

Are you part of a sports or social club, church group, or iwi? Do you work with a diverse interest group? Do you have a social media presence? We need your help to spread the word about immunisation – whether you're part of a knitting circle, bee-keepers club, kids' play-group, walking or cycling group – ask the question of your friends and family: have you had your flu shot? And help us spread the word.

We've created a website – www.flufree.co.nz – packed with engaging content, useful facts and myth-busting, an interactive 'build a germ' game for kids (and big kids), information about where you can get vaccinated, and a resource hub to help people and organisations easily spread the messages about getting vaccinated to their networks. These resources include downloadable posters, screensavers, social media tiles, information for newsletters and an email signature.

Let your friends and family know about the flu-free website, download a poster or social media tile and send it on or post on your Facebook. You can also create your own flu bug and share it on your Facebook page to help raise awareness. If you have kids it's a fun activity that'll keep them entertained for at least five minutes... and the flu quiz is a bit of fun too.

We particularly want to reach:

- › The key groups that are funded to receive free flu shots: over 65s; pregnant women; people under 65 with long-term health conditions; children with respiratory illness; and under 18s living in the Kaikōura and Hurunui areas
- › Young people (as they are excellent germ spreaders) and their parents
- › Māori and Pacific people (especially over 65s) who commonly have lower vaccination rates.

We've got flu fighters inside our DHB getting vaccinated or giving shots to their colleagues – be a flu fighter for Canterbury too. Healthcare workers are also a priority group for vaccination to protect themselves and their patients.



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Fantastic effort by staff vaccinators and staff taking the time to get their flu shots

The uptake of flu immunisation from staff has been outstanding this year. In terms of raw numbers, we have vaccinated the same number of people to date this year compared to the total programme in 2017. This is a great credit to the Wellbeing, Health and Safety team and the authorised vaccinators – and their managers – for making their time available for this important work.

Based on our current workforce numbers we have vaccinated approximately 62 percent of the workforce and need to provide around 1500 more vaccinations to meet the 80 percent target.

Well done to everyone involved – this is a magnificent position to be in before winter hits.

As at the beginning of May Canterbury had distributed 114,000 doses of the vaccine, this is ahead of the 105,000 doses that had been distributed at the same time last year.

When you're out and about this week – remember to ask

the question: have you had your flu shot? If the answer's 'not yet' remind them to book in with their general practice team, or check the www.flufree.co.nz website for a list of pharmacies offering vaccinations this year.

We encourage everyone over the age of six months to consider becoming immunised against influenza. Flu immunisation is free for anyone aged 65 years or over and pregnant women. It is also available free of charge to anyone under 65 with a long-term health condition such as, heart disease, stroke, respiratory disease, kidney disease and most cancers.



I'M KEEPING MY WHĀNAU WELL THIS WINTER

GETTING THE FLU SHOT EVERY YEAR IS THE BEST PROTECTION AGAINST CATCHING OR SPREADING THE FLU.

Flu shots are available from your GP team or some pharmacies. You or your whānau may even qualify for a free shot.

Check out www.flufree.co.nz for more info and flu facts.

Canterbury District Health Board
Te Pōari Hauora o Waitaha

FLU-FREE

www.flufree.co.nz

DON'T INVITE THIS LOT IN MAKE YOUR WORK A FLU-FREE ZONE

- > Get your flu shot
- > Stay at home if you're sick
- > Cover your coughs and sneezes
- > Wash and dry your hands often
- > Clean and disinfect frequently touched surfaces

Check out www.flufree.co.nz for more info and flu facts.

Canterbury District Health Board
Te Pōari Hauora o Waitaha

FLU-FREE

www.flufree.co.nz

STAY FLU-FREE THIS WINTER

GETTING THE FLU SHOT EVERY YEAR IS YOUR BEST PROTECTION AGAINST THE FLU

www.flufree.co.nz

FLU-FREE

Canterbury District Health Board
Te Pōari Hauora o Waitaha

Techweek is on this week and we're proud of our achievements

This week Techweek is being celebrated with nationwide events demonstrating technology in all of New Zealand's industries. It is a good time to congratulate the people working hard to improve health technology, and particularly those at Canterbury DHB.

We will be releasing a series of stories about important tech developments, so keep an eye on our media releases page this week.

One example of the great work going on in our organisation, is a piece of technology developed by Anaesthetic Specialist Dr Daniel Hartwell and Biomedical Engineer Michael Sheedy, which allows more staff to take part in low-cost, highly realistic training simulations.

Simulations often happen off-site, and only include a few members of clinical teams.

Nurses and technicians are all part of the same team, so everyone needs access to the same system. Daniel came up with a technique to use calibration devices to run simulations. These devices are used to check equipment, and can be used to make certain displays appear on medical monitors.

Dan is like a DJ, controlling all the various pieces of kit to control the monitors. Throughout 2016 and 2017, Dan and Michael developed software to allow someone to control the calibration device wirelessly from a tablet computer. Their next project is to create a series of modules to expand the usefulness of the simulator.

The first module, called RESPIRECO2, is a device that generates carbon dioxide to imitate different human breathing patterns, which show up on real monitors. Daniel has conducted simulations for anaesthetics teams using partial and full mannequins, and actors. He has tested the simulator in surgical theatres, the intensive care unit, ambulances and a medical transport helicopter. The simulator is also used for training in Christchurch Hospital's Emergency Department, and further testing is being carried out at different hospitals around New Zealand and in Australia.

Read the [story published today](#) about how our surgeons are practising for rare surgery with 3-D printing.



Anaesthetic Specialist Dr Daniel Hartwell acts as a patient for a simulation

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

Usha, IV Technician, Ward 25, Christchurch Hospital

Usha the IV Technician is amazing and lovely. No one could put an IV in as my husband has small veins. Usha comes in and two minutes later, she is walking out all done. Well done Usha you are amazing.

Dermatology, Hagley Outpatients, Christchurch Hospital

Received excellent service, professional and helpful.

Kate, Ward 27, Christchurch Hospital

Kate was outstanding, kind, caring and helpful. Nothing was a problem.

Sophie, Day Surgery Unit, Christchurch Hospital

I wish to express my gratitude for Sophie the nurse who looked after me today after my day surgery. A caring and respectful nurse.

Anne and Bex, Orthopaedic Outpatients Plaster Room, Christchurch Hospital

I want to express my thanks to two special people in Orthopaedic Outpatients, Anne and Bex - what wonderful caring nurses they are! A real asset to the department. I was extremely upset on Sunday after the news of my breaks. Many staff I could thank but these two ladies were the best. Anne, your patience was just awesome. Bex, what awesome dedication. Thanks again. Take care ladies, will see you soon for follow up appointments.

Ward 27, Christchurch Hospital

Thanks, you are all great.

Ward 25, Christchurch Hospital

Just want to express my thanks for the care my husband and family have received in Ward 25. Everyone has been amazing. There are a few I would like to mention who go above and beyond - Tim, Katelyn, Maryanne and Vivienne - there are more but these are the ones I remember. To all the assistants on the ward, how blessed this ward is to have such a kind compassionate caring team, well done. Thank you all so much. The tea ladies, Jess and Ally, are wonderful young women. Bless you all.

Ward 27, Christchurch Hospital

Dear Ward 27 staff, in particular, Jenny and Talya, nurses Zoe, Kate, Eden, Kristina and Jackie, Nurse Aide Polly, and social workers Silas and Liz from Palliative Care. Thank you all for the care and attention you gave my father. I know you are all busy but the care you gave Dad was above and beyond. Dad was admitted and then discharged to Nurse Maude Hospital. Many thanks from myself and the rest of my family.

Ward 19, Christchurch Hospital

I'd like to thank all the nurses and staff who helped me through my recovery and made the stay welcoming. They are a great team of people, thank you so much. Big thanks to everyone!

Ward not specified, Christchurch Hospital

My daughter had her appendix out today. Just dropping a note to say thanks to the staff involved in her care. Keep up the good work!

Pompallier House, Akaroa Hospital

I have been in Akaroa Hospital for the past four days. The staff here are amazing, nothing is too much trouble, their level of care is 100 percent compassionate and respectful, all without being overbearing. The community of Akaroa are blessed to have these people and this facility for their use.

Pompallier House, Akaroa Hospital

While I have been here (three days or so) the service, care and attention I have received has been incredibly good. Marvellous care from all the staff, which I fully appreciate.

Marg, Orthopaedic Outpatients, Christchurch Hospital

I want to give some feedback about a wonderful nurse you have working in the Bone Shop. We came in with our four-year-old daughter on Easter Saturday, and the nurses and doctor who we dealt with were amazing. But one in particular who stood out was Marg. She was amazing, so gentle, kind and reassuring to all of us. (I really hope there is only one Marg, she has curly dark hair.) She has also been there when we have returned for check-ups and subsequent casts, and she always makes a lovely comment

on how we are doing. She never seems flustered and was just a real gem. Please pass on a big thank you from us. Also Ann (she was an assistant, I think, she brought all sorts of toys, and distractions to our wee girl), again another treasure. Lastly Henry - what a great nurse also. So thanks.

Lisa, Older Persons Health and Rehabilitation

I wish to complement Clinical Assessor Lisa Dwyer-Tuiloma on her assessment of my mother in her home. Lisa was very respectful of my mother and was also very good at giving positive education re options that are available to her to continue living in the community. I am very grateful for receiving such holistic, sensitive and timely care. I thank you for this, and wish to extend my gratitude to Lisa and the service.

Gynaecology Ward, Level 2, Christchurch Women's Hospital

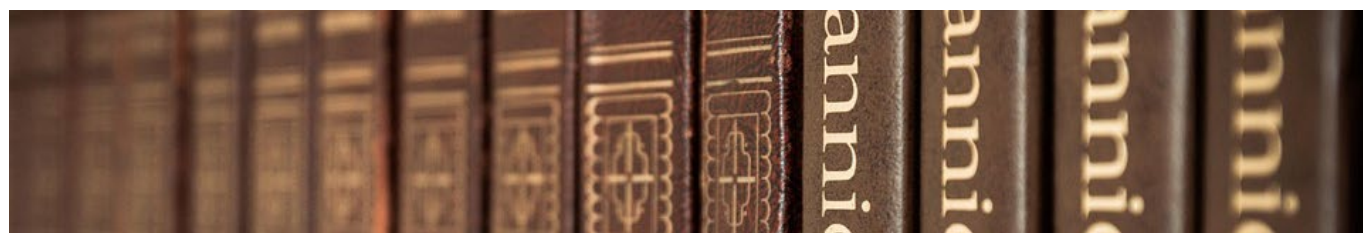
I want to thank everyone in the Gynaecology Ward, especially Victoria, Janet, Nicky and Louise. They took fantastic care of me and even though they were super busy still had time to stop to talk to me. I hope this gets back to them.

Big Shout Out

Ashley, Security, Christchurch Hospital

I work as a nurse at Christchurch Hospital and wanted to say some words about my experience with security. You have a guard that I've come across quite a bit and also today. He always helps the kids if they are unhappy in the Emergency Department, which helps calm the parents. And at night on many occasions he has walked me to my car, always with a smile while chatting away. Nothing is ever too much. He tells me he works in Bravo Team. Ashley we do appreciate what you do in security and for us. So I thank you.

#carestartshere



The Library

["Unprecedented level of joint working is transforming lives of older people"](#) – in an overseas example of an integrated health system reducing the length of hospital stays and referrals, One Croydon Alliance has seen the local council, NHS and charity Age UK Croydon collaborating to enable elderly people to stay well and living independently at home. From *The Guardian*, published online: 14 May 2018.

["Health law: Informed consent – something every single health professional needs to know"](#) – a health law specialist says the key medico-legal thing health professionals should be aware of is 'informed consent' so they have 'legal authority' to provide a service. From *HealthCentral.nz*, published online: 16 May 2018.

["May Measurement Month 2017: an analysis of blood pressure screening results worldwide"](#) – research suggests that increased blood pressure is the biggest contributor to the global burden of disease and mortality and that less than half of the population with hypertension is aware of it. From *The Lancet Global Health*, published online: 16 May 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

With work to begin on the link between Christchurch Women's and the Acute Services building, the temporary clean dock that has been outside Oncology has to move. To work out the best place for a new temporary clean dock (which will stay there until the wider campus plan is confirmed), the Facilities Development Team mocked up different scenarios in the parking lot at The Princess Margaret Hospital. With the help of a 10.2m Charter truck and a driver they confirmed the old dirty dock behind the Clinical Services building would be suitable for the trucks that make deliveries at Christchurch Hospital. For those of you who have been at the hospital a long time, you might recall that this was the original clean dock many years ago. The temporary dirty dock is outside Riverside.



Testing the space in a mock up of the clean dock at Princess Margaret Hospital



The new temporary clean dock at Christchurch Hospital

Christchurch Outpatients

Well done Leighs Construction – what a great turn out of subbies to get their flu vaccinations (and lollipops). Nice to know everybody is doing their bit to stay flu-free this winter. Everyone who had a flu jab also made a gold coin donation to the Māia Health Foundation.



Christchurch Hospital Campus

The area of Oxford Terrace between the new Christchurch Outpatients and Christchurch Hospital is closing in June until the end of the year. This is to create the roundabout at the top of Antigua Street and the Oxford Gap, which will be a shared bicycle and pedestrian area and drop off for the Outpatients building. Please take care cycling or walking in this area. It is very busy with cars and trucks.



Nelson Marlborough goes live with SI PICS

Canterbury DHB is pleased to announce that Nelson Marlborough DHB (NMDHB) has just joined the South Island Patient Information Care System, or 'SI PICS'.

This is a real milestone for the programme and represents the first full DHB to go live across all of its facilities and services. It adds some 450 new users to the system.

The launch follows an earlier implementation by Canterbury DHB at Burwood and The Princess Margaret Hospitals in 2016.

The moves are part of a South Island Alliance initiative to replace nine administration systems with a single regional system, helping to create a more streamlined journey for patients across the South Island.



Nelson Marlborough is the latest DHB to join SI PICS

NMDHB SI PICS Project Manager

Ross MacLennan says that this transition is the largest Nelson Marlborough Health IT project undertaken to date.

"It has been a very complex project from start to finish, with five South Island DHBs working in partnership with New Zealand-based software vendor Orion Health to design, test, and implement the software.

"SI PICS replaces our 24-year-old OraCare patient administration system. The switch-over process was incredibly intricate, involving more than 60 people who worked through the night. In all, 280,000 patient records and 700,000 event records were migrated. Fortunately it all went like clockwork and we are very pleased with the result."

With NMDHB now complete, the spotlight will turn to Canterbury. The Canterbury DHB Programme Board is planning towards a Phase Two go-live for the third week of June. A final decision on the date will be made over the coming weeks.

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 Whatu Hauke & Te Taiāpaki

#carearoundtheclock

TeleHealth significantly reducing travelling time for rural patients

For busy Hanmer Springs mother Sarah, not having to travel to Christchurch for her son's check-ups with a dietitian is a huge help.

Jaxson, aged four, recently had his outpatient appointment with Christchurch Hospital Paediatric Dietitian Fiona Leighton via video conference at the Hanmer Springs Health Centre. This significantly reduced Sarah's travel time as she only had to make her way to her general practice, rather than driving to Christchurch and back for the 20 minute appointment.

If she'd had to take Jaxson to Christchurch Hospital it would have: taken the best part of a day, meant Jaxson missing out on a day of pre-school, disrupted his brother and sister's school routine, and cost the family in petrol for the 270km round trip.

"I'm really happy with both the reduced travel and the way the video conferenced session at the health centre went," she says.

Traditionally patients living in rural areas in Canterbury have to travel long distances to see specialists at Christchurch Hospital. However in many cases the service they need can be effectively provided using TeleHealth.

Hanmer Springs Health Centre Practice Manager David Smith has been working with Canterbury DHB's TeleHealth Service to ensure that people living in the town take advantage of this technology when it is clinically appropriate.

The health centre has a high-resolution conferencing camera and a large monitor screen which makes the picture very clear for video calls.

Quite often an outpatient appointment simply involves a discussion of recent test results and an update on progress since the last appointment, he says.

"Those tests are usually able to be done at the health centre ahead of time."

Fiona says because of video conferencing she can review Jaxson as frequently as she would a Christchurch patient requiring similar support.

"It also offers a dedicated dietetic clinic appointment in a relaxed setting for both Jaxson and his mum."

The telehealth video conference allows information to be discussed and exchanged easily, she says.

The centre's Practice Nurse Heather Pool says it's surprising how quickly people become comfortable talking via the screen to the specialist.

"And I'm on hand if needed to help the process go smoothly. If something clinical is required such as checking a person's temperature or measuring height and weight, as in Jaxson's case, we have a practice nurse available during the appointment."

Having a practice manager in Hanmer who is dedicated to encouraging appropriate use of this technology is proving to be effective at helping patients, says TeleHealth's Project Facilitator Nicole Redfern.

The TeleHealth team are available to work with services wishing to offer video conferenced clinic appointments or implement (and increase) use of video conferencing – please contact them on email telehealth@cdhb.health.nz or 027 541 5866.



Jaxson at the monitor screen after his recent video-conference outpatient appointment

Reaching more than 80 percent for staff flu vaccinations

It's vitally important for people working in healthcare to get their annual flu vaccination. Not only does getting vaccinated increase your own protection against influenza, it also helps to reduce the spread of influenza to those staff care for, many of who are particularly vulnerable.

Everyone needs to do everything they can to *be and stay well by doing the right thing*. Care really does start here with taking personal responsibility for your own health and wellbeing so we can be at our best for the community we serve.

For 2018, the Ministry of Health has introduced a goal of 80 percent of DHB-based healthcare workers to be vaccinated against influenza annually. Achieving a high level of influenza immunisation is critical to getting over the immunity threshold to protect ourselves, our families and the community.

The table below shows flu vaccine uptake to date (based on the consent forms received and entered). While Canterbury DHB has made good progress so far, with over half of our people getting vaccinated, there's still a long way to go to reach 80 percent – and beyond – with flu season not very far away now.

Location	% vaccinated	Target
CHCH Campus	67%	80%
Specialist Mental Health	53%	80%
Older Persons Rehab	64%	80%
Ashburton & Rural	42%	80%
Women's & Children	62%	80%
Community & Public Health	67%	80%
Corporate	54%	80%
Hospital Support & Labs	66%	80%

If you haven't had your vaccine yet please take one for the team and get your flu shot. It's a small thing that can make a big difference – not just for you, but for our patients too.

There are two ways to get your free flu vaccination – you can either attend a vaccination clinic or contact an authorised vaccinator. Details for both can be found on [Canterbury DHB's intranet page](#).

Cath Pink: Flu Fighter

“It's keeping ourselves healthy, to keep our patients safe.”



Right royal fuss

Fascination about the royal wedding has gripped the world over the past few weeks and months, with the Press Association in Britain even publishing a handy guide to the eight signs that you have 'royal wedding fever'.

These apparently include you've been binge watching *Suits*, counting down the days, decorated your house with royal wedding memorabilia and have considered following the couple to a public appearance (or even done this).

Canterbury DHB was no exception in the excited build-up to the big day with several departments decorating their areas and dressing up in wedding attire.

At the corporate office, Planning and Funding staff organised a morning tea last Friday.

Bunting decorated with faces of Prince Harry and Meghan Markle decorated the walls, amid tables laden with cucumber sandwiches and cream scones.

The morning tea was the finale of a week of anticipation and speculation fuelled at the Oxford Terrace building by an intriguing quiz devised by Royalist Melissa Macfarlane.

Sure to test even the most ardent royal fan, the 18 questions included the colour of the Queen's hat, which member of the York family would wear the worst outfit, which uniform Prince Harry would wear, which of 20 tiaras (such as the Strathmore Rose, the Scroll, and the Russian Kokoshnik) the bride would wear, and of course what Meghan's dress would be like.

With the added incentive of a \$1 sweepstake winner takes all, about 30 people entered.

Sadly the day has now passed and St George's Chapel at Windsor Castle (the oldest and largest inhabited castle in the world and the official residence of the Queen) is empty of its wedding guests but we wish Harry and Meghan much happiness as they embark on this journey together as husband and wife.

For the record the now Duchess of Sussex was a vision in her simple silk gown with long veil and diamond tiara. Referred to by the palace as 'Queen Mary's Diamond Bandeau Tiara' or sometimes as the 'filigree tiara', it was made in 1932 designed to accommodate a brooch that Queen Mary received on her wedding.

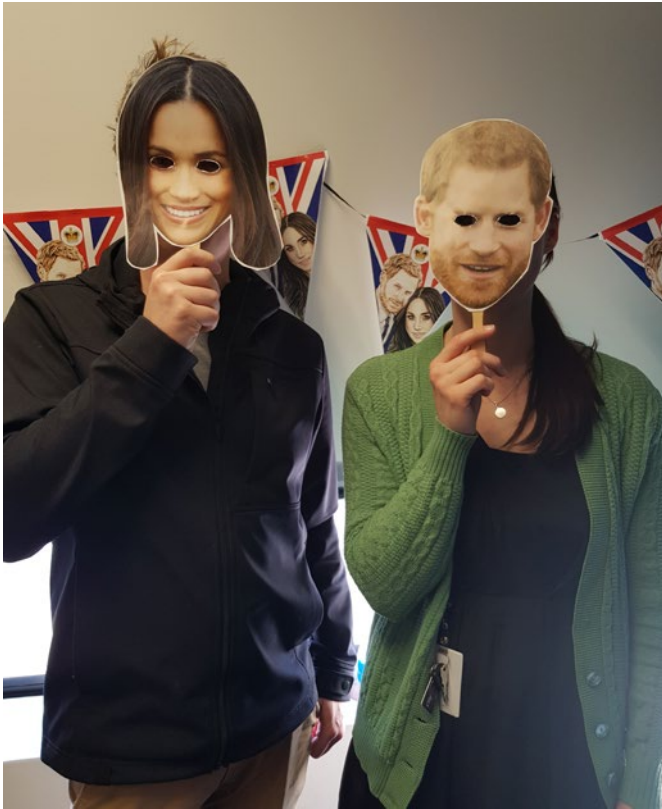
Queen Mary wore it in her later years but it has not been seen since then. So Canterbury DHB quiz competitors who in answer to the question about which tiara Meghan would wear picked "an old tiara from the vaults", did well!



Regal morning tea treats



The whiteboard created by Planning and Funding Team Leader Melissa Macfarlane, which stood near her desk



From left, Co-ordinator Ross Meade and Senior Advisor Libby Doran



From left, service development managers Greta Bond and Evelyn Nelson and Health of Older Persons Portfolio Manager Andrea Davidson



The Sexual Health Clinic supports the Anglo-American union

Ashburton's hand hygiene success story

Ashburton Hospital's compliance with the [five moments for hand hygiene](#) has consistently exceeded the national goal of 80 percent – and by some margin. In 2017 Ashburton reached 87.1 percent and then managed to increase this still further to 87.4 percent during the March 2018 quarter. Awesome enough to do it once – but sustained awesomeness is even awesomer.

Gold Auditor Jill Gerken from Ashburton says that there are several reasons for their success, and none of them are rocket science.

"All gold auditors make a point of discussing with clinical staff why they 'missed a moment' so that they can learn and hopefully not make the same mistake in the future. They are pretty receptive to these conversations if they are done in a considered way."

Results are regularly published in the local health newsletter *Rural Rave*, which gives every rural Canterbury location the same opportunity to shine more widely.

"Over the past two to three years Ashburton has been lucky enough to have a doctor trained as a gold auditor and though they no longer work at Ashburton Hospital, this helped spread the message to a wider medical audience," Jill says.

Ashburton's story is the latest in a series of hand hygiene articles during May showcasing and recognising hand hygiene high achievers and how we can learn from them.

Through showcasing what has worked for various areas, the aim is to acknowledge the great work being done and to provide inspiration and encouragement for all areas to try new ideas to raise awareness and support hand hygiene improvements. These stories highlight that small changes work and just how easy it is to do the right thing. Clean Hands are a vital part of keeping our patients safe.

There are lots of resources to assist teams in getting some energy and momentum into your own hand hygiene performance, with links to some of them below. And don't forget the gauntlet that Burwood Hospital threw down last week, where an increased focus doubled the number of audits they were able to do. This showed what could be achieved through the whole team committing to an initiative.

Hand hygiene resources:

[Hand Hygiene intranet page with videos](#)

[Resources and information from the World Health Organization](#)

[Hand hygiene information suitable for general public](#)

Staff make stand against bullying

Friday 18 May was Pink Shirt Day Aotearoa and Community and Public Health Managers and staff got into the spirit to show their support.

The day in aims to create schools, workplaces and communities where **all** people feel safe, valued and respected. This lines up with some of the core principles of Canterbury DHB's [Care Starts Here programme](#), including *Doing the Right Thing* and *Valuing Everyone*.



Right: Community and Public Health managers and staff in the pink

Hurunui and Kaikōura locals encouraged to catch up over a cuppa

People in Hurunui and Kaikōura are being encouraged to look after their wellbeing by taking a break and sharing a cuppa with friends.

The All Right? campaign's Tea for Two initiative promotes the value of sharing a moment with friends, whānau and neighbours over a cup of tea.

All Right's Hurunui-based health promoter Leanne Bayler says sitting down for a cuppa can be a great place to start a conversation and help lighten the load.

"It's amazing what sitting down for a good cup of tea with a friend can do. It can be an instant mood booster, allowing us to take a break, unwind, and just have a chat."

"It's not a cure all, but there's something magic about brewing up a cuppa and taking 10-minutes to recharge, refocus and talk things through."

Kaikōura-based health promoter Rachel Vaughan says Tea for Two had its genesis in North Canterbury.

"Our communities' hold many of the answers when it comes to looking after our mental health and wellbeing."

Discussions with locals over the last six months has made it clear that one of the best ways All Right? can support people is to encourage them to get together and talk things through."

"Sharing a cuppa is one of those quintessential kiwi traditions. That small act of putting the kettle on and sitting down with a hot cup of tea and a mate really can make us feel better."

The next time you or someone you know looks like they need a rest and a chat, those three words "Fancy a cuppa?" can help do a world of good.

As part of the Tea for Two campaign, Rachel and Leanne will be distributing envelopes throughout the region containing two teabags. Hurunui and Kaikōura residents can also go to www.allright.org.nz/resources to order free Tea for Two packs.

The organically grown English Breakfast tea is sourced from Kerrindale in Rangiora.



The envelope containing two locally organically grown English Breakfast teabags being distributed as part of the *Tea for Two* campaign



All Right's Hurunui-based health promoter Leanne Bayler



From left, All Right's Hurunui-based health promoter Leanne Bayler, pours a cup of tea for Kaikōura-based health promoter Rachel Vaughan

One minute with... Kay Boone, Clinical Manager, Child Development Service (CDS)

What does your job involve?

We work with families who have children with disabilities, aged 0-16 years, visiting them in their homes, preschools and schools or at our premises at 440 Montreal St – the cool yellow building! We have an awesome team of 28 staff – occupational therapists, physiotherapists, coordinators, psychologists, an assistant, administration staff, and a social worker. We travel from Rakaia to Kaikōura and Hanmer, and out to Springfield. My background is physiotherapy and I have a small clinical load as well as management.

What do you like about it?

I love my job because of the great people – the children and families – as well as our team. The staff are all here for the right reasons. They are caring and supportive of each other. At CDS every day is different, never boring, and there are always new things to learn.

What are the challenging bits?

We have high demand for many of our services, and managing waiting times can be challenging. The processes for getting funding for equipment such as wheelchairs and housing modifications is complex and lengthy, this is challenging.

Who inspires you?

The parents on Canterbury DHB's Child Health Advisory Council (CHAC) are amazing and a huge inspiration. I was on this council for four years until recently and it is humbling to work alongside these people. They all have children with complex health conditions or disabilities, some who have passed on, and they give their time and energy to improve health services for children led by Child Health Service Manager Anne Morgan.

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

These are great values for all parts of life and especially at work seeing children and people who are the most vulnerable.

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

The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows, set in the Channel Islands during the war. A great story of resilience.



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

Biking around the canals in Amsterdam or surfing at Byron Bay.

What do you do on a typical Sunday?

Go for a long walk with our rescue dog, Murphy, he's great. Grab a coffee at a café, maybe some gardening, and catch up with friends or family.

One food I really like is...

Chocolate. I have a sweet tooth and am open to bribery any time with chocolate.

My favourite music is...

Robert Plant from Led Zeppelin; Leonard Cohen; Patti Smith (I saw her at the Byron Bay Blues Festival last year); Kitty, Daisy and Lewis; Gin Wigmore; The Dukes; Tiki Tane; and Six60. Locally I love the Pops Choir.

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, 25 May 2018 – 12.15pm to 1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker 1: Dr Kaaren Mathias, Burans community mental health project Emmanuel Hospital Association, North India
"Learning listening – three patients who changed my practice of medicine"

What can a thin baby, a mad man and a young man with seizures teach me about how and why I practice medicine. This presentation builds on the learning and experience of Christchurch doctor Kaaren Mathias, who has worked in community health in North India for the past 12 years.

Speaker 2: Dr Michael Burt, Gastroenterology
"The National Bowel Cancer Screening Programme – Implications for Canterbury"

The National Bowel Cancer Screening Programme is being rolled out progressively with Canterbury due to start in the 2019/2020 financial year. This is an exciting development that will reduce mortality from this common cancer but comes with significant challenges for all District Health Boards.

Chair: Mike Ardagh

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

The first talk will be uploaded to the [staff intranet](#) within approximately two weeks. Speaker 2 is not for the intranet.

Video Conference set up in:

- > Burwood Meeting Room 2.6
- > Wakanui Room, Ashburton
- > Administration Building, Hillmorton
- > The Princess Margaret Hospital, Riley Lounge
- > Pegasus, Room 1.07

All staff and students welcome

Next is – Friday, 1 June 2018,
 Rolleston Lecture Theatre

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

Are you ready to play a vital part in our future?

With over 500 Resident Medical Officers (RMOs) working and training at Canterbury DHB, we aim to be the centre of excellence in medical education, training and supervision.

Canterbury DHB is highly regarded nationally for the education and training environment it provides for RMOs. We now have two new permanent part-time (0.1FTE) Prevocational Educational Supervisor positions to support our PGY1 & 2 doctors.

This role is about education, training, leadership, mentoring and pastoral support. You will play an integral part in creating a supportive and motivated environment for our RMOs.

We are looking for someone who has a strong interest in mentoring, is able to inspire others and is easily approachable.

You will need to hold a Basic Medical degree, have Vocational Registration in a Specialist Scope of Practice with the Medical Council of New Zealand and hold a current annual practising certificate.

For further information on this role please view the [person description](#) or feel free to contact Tracey Sutherland, Recruitment Specialist – Medical at tracey.sutherland@cdhb.health.nz



Avoid this flu bug who brings aches, fever and chills by having your flu shot. More info at www.flufree.co.nz

Corporate Challenge

**Grab your running shoes
and your workmates.
Register today!**

**Sunday
3 June 2018**

**Be a part of the ASB
Christchurch Marathon
Corporate Challenge**

All entrants will enjoy exclusive food and beverage discounts, opportunities to win over \$1,000 of corporate hospitality and dining vouchers, plus \$10 from every race fee will go to Ronald McDonald House.

Visit ChristchurchNZ.com for info or register via email: corporatechallenge@christchurchnz.com

ChristchurchNZ™



Ronald McDonald
House Charities
New Zealand



The Calderdale Framework

Invites you to a foundation training day for health professionals

Tuesday 29th May 2018

9.00 am – 3.00 pm

Bungy Room, Print Place

Presenters:

Vicki Prout, Jennifer Kim, Sarah Shaw, Lynne Henderson

RSVP to Jill.wreford@cdhb.health.nz



This session is an introduction to a structured, patient-focused workforce development model that has been used in the UK and Australia. The Calderdale Framework focuses on helping service areas evaluate what are the profession specific tasks for their clinical area, and what can be skill shared or delegated to best meet the needs of the patient. The Calderdale Framework has been selected by the South Island Directors of Allied Health as the skill sharing and delegation tool of choice.

Please bring your own lunch.

Be quick - Spaces are limited!

Healthy Volunteers Wanted for Irritable Bowel Syndrome Research

Are you aged between 18-70 years old?

Do you have no Gastrointestinal Issues?

This research project aims to identify the causes and mechanisms of Irritable Bowel Syndrome (IBS). We are looking at different aspects of your everyday life and how they are associated with **gastrointestinal symptoms**.

We are looking to recruit people who have been diagnosed with IBS as well as people with gastrointestinal issues for this study. The research is very important as there is very little knowledge about the causes of IBS.

This study involves filling out questionnaires about your current health and quality of life, keeping a food and symptom diary for 3 days and collecting some biological samples. There is only **one** meeting with the research team for 15 minutes.

Your help will be rewarded with a \$20 petrol voucher.

For more details please contact:

COMFORT Research Team
University of Otago, Christchurch
comfortcohort@gmail.com
(03) 364 1788

This project has been reviewed and approved by the HDEC. Reference: 16/NTA/21



SEX AND CONSEQUENCES A New Zealand Update

Wednesday 6 June 2018
1pm – 5pm

Community and Public Health
310 Manchester Street, Christchurch

1.00 - 1.15pm

WELCOME

Facilitator: David Miller, Public Health Specialist

1.15 - 1.45pm

Dr Jill Sherwood, Public Health Physician, ESR
Update on infectious syphilis in New Zealand –
why we should be worried!

1.45 - 2.15pm

Dr Heather Young, Sexual Health Physician, Christchurch
Sexual Health Centre
Mycoplasma genitalium: Guideline updates,
testing and treatment in Canterbury

2.15 - 2.45pm

Jo Robertson, Training and Research Lead, The Light Project
The New Porn Landscape: A community wide
approach for change.

2.45 - 3.45pm

AFTERNOON TEA / NETWORKING

3.45 - 4.15pm

Dr Edward Coughlan, Clinical Director, Christchurch Sexual
Health Centre
PrEP: The Roll Out

4.15 - 4.45pm

Ari Nicholson, Education Co-ordinator, Q'topia Youth Group
Gender Diversity – An Update

5.00pm

CLOSING

Please RSVP by Friday 25th May to Diane Shannon by
email: diane.shannon@cdhb.health.nz or
phone (03) 378 6755



New Zealand AIDS Foundation
Te Tuapapa Mate Araikore o Aotearoa

Canterbury
District Health Board
Te Poari Hauora o Waitaha



2018 Athol Mann Memorial Lecture



Vitamin C – A simple solution
to some complex problems

Professor Margreet Vissers
and Dr Anitra Carr
University of Otago



Prof Margreet Vissers is a senior health research scientist based at the University of Otago, Christchurch, leading a research team investigating vitamin C and its many functions in the body.

Vitamin C has potential as a support for enzymes involved with cancer cell survival and metabolism, epigenetic programming, immune cell function, hormone synthesis and energy production. Oxidant stress occurs as a consequence of our existence in an oxygen-rich environment and is the cause of many of the diseases of aging and the development of chronic diseases like heart disease, arthritis and cancer.

Antioxidants protect against these conditions and Assoc Prof Vissers' research has led to the discovery of new roles for food-based antioxidants in the maintenance of good health and disease prevention.

Dr Anitra Carr is a Sir Charles Hercus Health Research Fellow in the Department of Pathology at the University of Otago's Christchurch School of Medicine. Following a PhD at the University of Otago, Christchurch, Dr Carr obtained an American Heart Association Post-doctoral Fellowship.

Dr Carr has received funding from the Health Research Council of New Zealand and the Canterbury Medical Research Foundation to undertake research into the role of vitamin C in severe infection, including pneumonia and sepsis. Dr Carr hopes to not only elucidate the underlying mechanisms of action of vitamin C, but to also improve the outcomes of patients with these conditions.

Please join us at 6.00pm at the Rolleston Theatre, Otago Medical School, Christchurch, Thursday 24th May, 2018 for this free public lecture. Refreshments will be served

Registrations essential

Please email

**kate@cmrf.org.nz - call on 3531 243 or
visit www.cmrf.org.nz/events to register online**