



Complete your Census form – and check that your neighbours, friends and whānau have all done theirs

Being counted in the 2018 census is really important as it lets the government know how many people live in Canterbury. Our funding is based on how many people are registered as living in Canterbury, and their age, ethnicity and address all impact on how much government funding we receive.

That's why it's vital that everyone who lives in our DHB-area completes the Census – which is available online for the first time this year.

I have a special request to each of you to get in touch with your Canterbury-based family/whānau, neighbours, patients, clients, tangata whaiora and people accessing health services – check they've received their papers at home and completed them online. Do they need a hand to complete them? Would they prefer a hard (paper/printed) copy to fill in? If so, you can call 0800 CENSUS (0800 236 787) to request paper/printed forms, and they will post them to you. But you'd better be quick as the Census runs until the 6th of March. Everyone in every household needs to complete the Census.

More completed forms equals more funding. Importantly, it also means we have better information on which to base our planning for future health services. When people complete the Census form, we have a clearer picture of who we need to provide hospital, primary care, and community health services for. Having enough resource to do that is essential and the Census is the best way to secure that resource.

Every completed Census form provides the DHB with funds – for each person, each year, for the next five years. Anything you can do to help people complete the Census is time well spent.

Your health counts, so please be counted!

New Zealand Government

census Stats

6 March is census day.

It's time to find out.

Complete yours online on or before 6 March.

census.govt.nz

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Smiles all round as site of new Akaroa Health Centre blessed

The sun shone, the township was humming and there were smiles all round last Saturday morning as the first sods were turned ahead of the diggers moving in to start preparing the site for the new Akaroa Health Centre, Te Hauora O Rākaihautū.

Kaumatua Jymal Morgan from Ōnuku Marae led the crowd onto the site, which was blessed by Father Paul Shannahan and Reverend Michael Baker. The first sods were turned by Canterbury DHB Board chair Dr John Wood along with Bruce Rhodes from Ōnuku Runanga and six-year-old Nelima Bwayo who was the last baby born at the old Akaroa Hospital. She is from a seventh generation Akaroa family – mum Miriam and her grandfather were both born in the old hospital as well.

It was wonderful to see such a big, positive crowd turn out for this celebratory event. It's been a long time coming. The old hospital was damaged in the 2011 quakes and deemed unsafe to occupy, so in recent years services have been provided from a Skyline garage and portacom on the old hospital site. Late last year they moved down town to premises in Rue Jolie and will remain there until the new Akaroa Health Hub is complete in 18 months' time.

The site blessing and sod turning ceremony was followed by a community meeting where Gordon Boxall, chair of Akaroa Health Trust, recognised all the hard work that had gone on over a number of years by members of the community. He said there had been a true partnership around a common cause, which had created harmony within the Akaroa community. He said today's governors were indebted to the original Trustees. Peter Young, chair of Akaroa Health Limited, also spoke and introduced the directors.

The new Akaroa Health Centre will include a general practice, community services, eight aged care beds and four short-stay inpatient beds. The design features two gabled wings and large feature windows that will capture views of Akaroa Harbour and provide lots of natural light. A courtyard in the centre of the site will be accessed from multiple parts of the facility. Along with the new building, there will be a new way of working (model of care) to provide integrated services to the community.

For more information on the project, visit akaroahealthhub.org.nz



Ngāi Tahu's Jymal Morgan led the blessing of the site for the new Akaroa Health Centre



Bruce Rhodes (left) of the Ōnuku Rūnanga, Nelima Bwayo (centre) and Canterbury DHB chair Dr John Wood turn the first soil ahead of construction of the new Akaroa Health Centre



L-R: Canterbury DHB chair Dr John Wood, Nelima Bwayo (7th generation Akaroa resident) and Bruce Rhodes of the Ōnuku Rūnanga



Members of the Akaroa community and Ōnuku Rūnanga participated in a blessing service to mark the start of construction of the new Akaroa Health Centre



Akaroa parish priest Father Paul Shannahan (left) and CDHB chair Dr John Wood at the blessing service



Canterbury DHB CEO David Meates addressed the large crowd of Akaroa residents who were thrilled to hear about the plans for the new health centre that gets underway in early March

More funds to support the wellbeing of children in greater Christchurch, Hurunui and Kaikoura

Last week we welcomed the Prime Minister's announcement of an additional \$28 million over the next three years to support the wellbeing of children in Years 1-8.

We've been concerned about the impact of the quakes on the wellbeing of children in Canterbury for some time now. To date there have been a number of agencies and individuals involved in supporting Canterbury kids, including our own small School-Based Mental Health team, who have done an amazing job.

This new targeted funding will allow us to provide more and earlier support for schools to take a holistic approach to the wellbeing of some of our most vulnerable community members. Many of these children have grown up in households where parents have had to focus considerable time and energy on dealing with significant post-quake stressors, such as ongoing battles with insurance and house repairs. This is in addition to the anxiety and fear of experiencing the many thousands of quakes that have hit our region.

This boost to the number and range of health professionals and support workers focused on the wellbeing of young children will see those in need receive support sooner. We will be working closely with the Ministry of Education to design a system that works for children, their families/whānau, caregivers and teachers.

I am thrilled that Sir John Hansen, Chair of the Canterbury Clinical Network, will lead the development work on this initiative. While much of the detail is still to be worked through, a decision has been made to start with two Kāhui Ako (Communities of Learning) – Tamai located in Christchurch East and Hornby in the West.

We are keen to retain and build on the expertise already in place and envisage a team which could include social workers, nurses or occupational therapists and others as part of the programme.

Before the programme is rolled out to all quake-affected schools in Greater Christchurch and North Canterbury, consistent ways of working, along with appropriate training will be developed to ensure that what we create is sustainable and effective.

Focusing on the wellbeing of children is an investment in the future of our community, and we are committed to getting this programme up and running as soon as possible. Until the roll-out is complete we will continue to support schools through existing services.

Further detail and media coverage of the announcement can be found [here](#).

Have a great week – and remember to check your family and friends in Canterbury are sorted to fill out their Census forms.

David Meates
CEO Canterbury District Health Board

New Zealand Government

census
Stats

Look out for your access code in your letterbox.

It's time to find out.

Complete your census online on or before 6 March.

2018 Census info leaflet - open now

It's time to find out.

2018 Census info leaflet - open now



Bouquets

Intensive Care Unit, Christchurch Hospital

I would like to thank all the staff of the Intensive Care Unit for their amazing care, kindness and compassion while my father was in the unit recently. During the many hours spent in this unit at my father's bedside our family gained the utmost respect for every staff member in this unit and for the surgeon, Mr Khanafer. Many thanks.

Plastics Clinic, Burwood Hospital

Just wanted to say a massive thank you to the nurses, Ray (with the black glasses) and Louise, for being so kind to me during my minor operation. I was very anxious and cried but Ray and Louise made me feel at ease and made me laugh. Two very down-to-earth people who genuinely care about their patients and their jobs.

Renee Mcleod, Medical Information, Ashburton Hospital

I wish to express my appreciation of Renee's skill and professionalism when she converted an unfamiliar formatted document, accepted the changes, and reformatted into a word document which I could then send to the Health and Disability Commission. The work was completed quickly and efficiently. *From Maureen Hathaway, Quality Facilitator, Ashburton and Rural Health Services #ValuingEveryone #CareStartsHere*

Orderlies, Christchurch Hospital

Very friendly all round, much appreciate a friendly face.

Ward 14, Christchurch Hospital

I would like to say how delighted I was with the kind, efficient, capable and good-humoured treatment I received from all the staff on the ward and the cardiac team. It was very impressive to experience the level of service available at a hospital in this country. I am very grateful.

Oncology/Chemotherapy Day Ward, Christchurch Hospital

Great service, so supportive and kind, cheerful even under the post-Christmas catch up pressure. Can't thank them enough. Nurses so helpful with advice and happy to give information and share knowledge.

Blessings to hospital staff

Fabulous, friendly and helpful team! God bless each one.

Plastics Procedure Clinic, Burwood Hospital

The staff (doctors and nurses) gave impeccable and friendly service. Can I say what a pleasure to experience the service provided. Thank you.

Prostate Outpatients, Christchurch Hospital

We had a lovely experience with Dr Vincent Chong, very friendly and professional, made us feel so relaxed. Ann Marie was also very friendly.

Reception, Christchurch Hospital

Your receptionist Belinda is very professional. As a patient we appreciated her service.

Ward 15 and Ward 16, Christchurch Hospital

I wish to thank the staff of both wards who were very professional in their work and showed me great care and concern after my operation for a twisted bowel. Their dedication to care for me was truly wonderful and I am very appreciative of this. During my time in your care I received nothing but excellent support and compassion as I was not feeling at all well. I have since returned home and am slowly regaining strength to be able to carry on a normal life again. Please convey my sincere thoughts to your staff and doctors.

Service Desk

I just wanted to express my appreciation at the extremely fast, efficient and pleasant way in which the service desk arranged a replacement pager for me – particularly Ann who arranged everything at very short notice – awesome service.

Facilities Fast Facts

Acute Services building

What a difference a year makes. The top photo shows the entrance to the new Acute Services building in February 2017, while the photo below taken in February 2018 shows the entrance with the glazing installed, concrete panels in place along the west podium that will house the Emergency Department on the Ground Floor, and Intensive Care on Level 1. The photo below also shows the structural steel for the entrance corridor.



Outpatients

The curtain wall is almost complete, as is the work on the entrance canopy. The block work for the ground floor walls has started. Inside the building, contractors will soon be able to flick the switch to get the transformers on line, which will power up the building and get the lifts working. A boon for the contractors who currently have to carry everything up five flights of stairs.



Hospital corner and surrounding area

Ōtākaro has an extensive programme of roadworks around the Christchurch Hospital, including several road closures over weekends. Please keep an eye on Canterbury DHB's daily all-staff email, or on the Ōtākaro website for more information. Plan your trip to the hospital. Use Barbadoes and Madras Streets to get in and out of the city. It'll be faster – two lanes are better than one. If you'd like more information about what work is happening and why, the best source is Ōtākaro's media release: www.otakarold.co.nz/news/temporary-closures-coming-for-major-central-city-streets-expect-delays/

The 2018 Census – resources and support are available to help you complete it

It's Census Day next week and this year you can do the census online.

On 6 March everyone who is in New Zealand will be asked to do their part to build a snapshot of the people and places that make up our country.

The census takes about 20 minutes to complete and provides a wealth of information for the country to understand more about the people who live in New Zealand and help make good decisions about where services are needed.

Census data helps determine how billions of dollars of government funding is spent across New Zealand. It can be used to inform decisions and make plans about services and where they should be, such as hospitals, kōhanga reo, schools, roads, and public transport.

Any day now you should receive a letter containing your unique household code so that you can complete the forms online, as well as guide notes and information about the census.

If don't have access to the internet or prefer paper forms, once you have received your access code letter you can call 0800 CENSUS (0800 236 787) for paper forms to be sent to you.

The census.govt.nz website has a [Help](#) page and a [How can I do the census?](#) page which include:

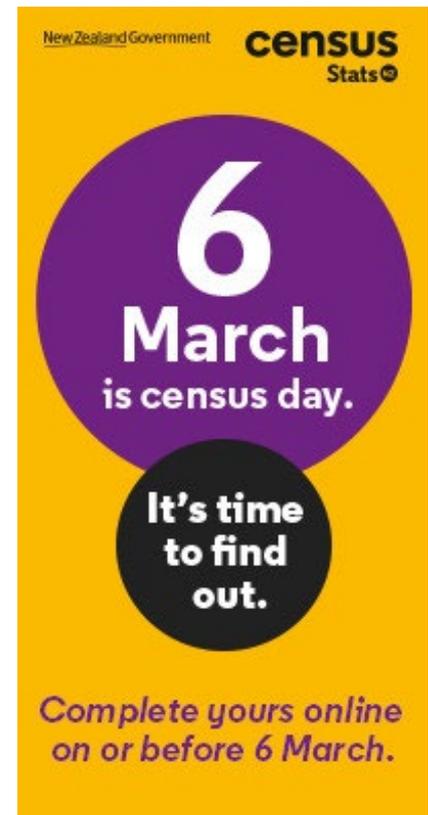
- » A [step-by-step guide](#) explaining how to use the access code to complete the census.
- » Flyers in Māori, Tongan, Samoan, Traditional Chinese, Simplified Chinese, Hindi and Korean explaining why the census is important.
- » Instructions on how to order bilingual paper census forms in Te Reo Māori. You can take part in the census online in either English or Te Reo Māori.

There is also a [Community support page](#) with the following resources for people who may need extra help filling out the census:

- » An example of the [access code letter](#) people will start receiving from 23 February.
- » A [support guide](#) for completing the census.
- » [An easy read version of the census access code letter.](#)
- » [A large print version of the census access code letter.](#)
- » Eight posters advertising where people over 50 can go to get help to complete the census online at a [local SeniorNet centre.](#)
- » [A video in NZ Sign Language](#) created with Deaf Radio.

For people who are blind or sight-impaired, the online census forms have been built to work with screen readers and assisted technology. If people are unable to complete the census by themselves, or with the support of a family member, friend or carer, then field teams will follow up after Census Day to assist people to complete.

For more information go to www.census.govt.nz.



BETTER TOGETHER

Destination Outpatients



On Thursday 22 February the fifth Destination Outpatients – Better Together workshop was held at the Design Lab, specifically for clinical and administrative staff who will be moving into the new Outpatients building.

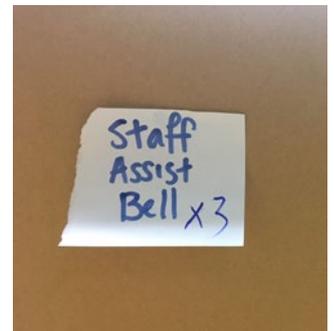
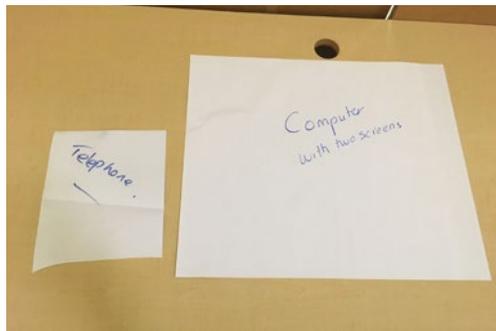
The workshop began with an update on project progress before presentations on how the new building will be stocked with supplies, how linen, mail and waste will be dealt with, and further preparations for the move.

Later the admin and clinical staff got the chance to test the layouts of stores, dirty and clean utility rooms, generic consult rooms, reception areas and photocopy rooms, using life-sized mock-ups.

Presentations from the workshop are [now available on the intranet](#).



Reception area mock-up at the Design Lab



Mock-ups don't have to be expensive!

Waste – reduce, reuse, recycle

Did you know that 10 years ago the Canterbury DHB recycled only 7 percent of its non-medical waste? Now we recycle 25 percent of that waste but a further 67 percent of the remaining waste could be recycled. To keep us on the right track, the administration areas in the new Outpatients building will be supplied with recycling stations, recycling bins in each area, and desktop containers for waste – just as in the Corporate Office at 32 Oxford Terrace, Christchurch.

There's more on recycling and waste reduction [here](#).

Dumping the Junk

We have already talked extensively about Dumping the Junk as part of our move preparations. As we get closer to the move, now's the time to have a second look at what we need to take, what we need to leave behind, and what we can safely throw away. Guidelines on Dumping the Junk are available on the [Destination Outpatients intranet site](#).

Red tagging – this is a good way to double check whether you really need to take a piece of equipment with you. Attach a red tag to it with the date written on it. If anyone uses that equipment within a month, they are to write the date on that tag. If at the end of the month there are no new dates written on the tag, then do you really need to take that piece of equipment with you?

Kanban processes – Kanban is a method of “just in time” ordering, originally developed in the Japanese car industry. When stocks of an item begin to run low, a Kanban form on the shelves will remind you to reorder it. The Kanban form should contain all the information about the product, how to order it, and where and who from.

Budding doctors spend “Day in the Life” of Christchurch Hospital nurses

Walk a mile in my shoes.

It's a common expression and an idea we don't often literally explore. But the latest batch of University of Otago, Christchurch medical students learnt what it's like to walk the many miles Canterbury DHB nurses tread each shift as part of their recent orientation.

Canterbury DHB Respiratory Physician Lutz Beckert, a professor at the University who convenes the clinical orientation, says the idea of students shadowing nurses on a morning shift for “Day in the Life of a Nurse” was introduced 15 years ago to help immerse students in a clinical environment.

The lessons and impacts of the day are multi-faceted and can be long-lasting.

Student and Registered Nurse for 13 years Rebecca Pascoe says traditionally there's been a barrier between doctors and nurses.

“It's definitely better now than when I first started practicing, but this programme is good for breaking down barriers early and establishing relationships – and just creating some friendly faces around the hospital for students.”

She says her classmates have a lot more respect for nurses and what they do for patients.

For many, focused on their future career as a doctor, it's their first real awakening on the many aspects of how patient care practically work.

One participant said they learned about the teamwork between the doctors and nurses and how they work together to achieve the best patient care.

Many observed nurses are “on their feet quite a bit”. Another learned “the care side of patient care, as opposed to the medical/surgical side that we often see”.

More than one observed that the level of contact nurses have with patients puts them in a prime position to understand the patient's wider needs. One participant picked up on “the vital role that a nurse plays in such an environment, and the relationship they tend to form with the patients. Those connections I believe are vital in a healthy recovery, and



From left, Registered Nurse Tim Couprie and 4th year medical student Rebecca Pascoe

nurses having the most contact seem a lot more likely to provide such a connection”.

Rebecca says nurses are often advocates for patients.

“Doctors can be focused on the medical problems, whereas nurses, because they spend so much more time with patients, often have a more holistic view of the patient's situation, which can be important for their care.”

Ward 25 Registered Nurse Tim Couprie, who has been shadowed by students, says this message about a nurse's role in understanding a patient's holistic issues is an important one for doctors to appreciate as the complexity of each patients isn't always known by doctors: “Not just the medical issues but their background, family situation and so on. You need to have a team between doctors and nurses – it's a two-way thing and there needs to be two-way communication.”

Lutz says the day also offers lessons for nurses.

“It's important for challenging nurses' perceptions of medical students – they can be viewed as mini-doctors when actually, they're often very young and learning and they need to be in a safe environment to make mistakes and ask questions.”

Students also spend a “day in the life” of a doctor as part of their orientation.

The idea of fully appreciating someone else's role lines up well with the idea of "Valuing Everyone" – their backgrounds, perspectives and experience. This is one of the key messages the Care Starts Here programme is looking to promote in the health system.

If you are interested in learning more about how the "Day in the Life" University programme works please contact diane.taylor@otago.ac.nz.

If you have a story to share that others can learn from on how you're encouraging *Doing the Right Thing, Being and Staying Well* or *Valuing Everyone* in your work area please email carestartshere@cdhb.health.nz.

Have your say and be in to win

Two weeks to remain to complete a short, anonymous survey to help us strengthen the policies that lay out "how we do things around here" and how the organisation supports you.

Taking part makes sure these documents, including our Code of Conduct and People and Capability policies, can reflect your experiences and expectations.

Access the survey via www.surveymonkey.com/r/carestartshere which can be opened on PC, phone or tablet at work or at home.

Once completed you can also go in the draw to win a range of weekly prizes including vouchers generously donated by Countdown, Beach in Sumner and Zen Sushi & Dumplings in the Arts Centre. The survey closes on Friday 9 March.



Care
Starts
Here

Nursing leader, role model and mentor

Canterbury DHB will lose a true nursing "taonga" – treasure – when Nanette Ainge departs her role this week.

Nanette leaves on Friday, an incredible 50 years after she began nursing. Over the five decades Nanette has worked tirelessly, using her skills to facilitate change for nursing as a profession and for individual nurses.

Much of her life's work has been in the Canterbury Health System, effecting, guiding and influencing changes in nursing education.

She has had a major positive impact on generations of undergraduate nurses through her tutoring at the Ara Institute of Canterbury, and her in-service education work at Canterbury DHB with graduate nurses and those taking on post-graduate study.

Nanette started her training at the Christchurch Hospital School of Nursing in 1968. When she finished three years later she immediately went overseas to gain experience. This was an unusual move for the time and Nanette says she was told by her matron that the decision meant she would not be able to work at Christchurch Hospital again.

However she returned to New Zealand in 1975 and took up a post as a staff nurse in surgical nursing at Burwood Hospital.



Nanette Ainge holds her Christchurch Hospital Nursing Class of 1968 photograph, while Executive Director of Nursing Mary Gordon holds a photograph from inside the Nurses' Memorial Chapel which was presented to Nanette at her farewell function

From 1978 Nanette began her journey in nursing education, with a few stints back in the role of registered nurse, both here in Canterbury and at Greenlane Hospital, Auckland.

Nanette held roles at Canterbury DHB as Professional Development Coordinator for in-service education and Nurse Consultant, co-ordinating post-graduate nursing with Clinical Training Agency-funded courses.

In both jobs she was instrumental in coordinating clinical career pathways for nurses. In 1999 she was awarded the New Zealand Nurses Organisation National Award for Services to Nursing. She ventured out to work for health providers as Project Team Leader and Casemix Analyst on two occasions.

Her current role is working in Planning and Funding as a Project Specialist, focusing on services for older adults.

Nanette's other great passion is the Christchurch Hospital Nurses' Memorial Chapel. She is a member of The Friends of the Chapel, which has worked tirelessly to ensure that the historical building remains intact for the sake of nursing history and the memory of the New Zealand nurses who lost their lives in the fatal sinking of the ship *Marquette* in 1915.

Nanette's colleagues describe her as someone who embodies all that a nurse could inspire to be – a leader, mentor, role model and a nurse who has advocated for nurses and patients alike. She is known for her empathy, compassion, strength, professionalism, integrity, strong work ethic and being a wise counsellor.

Her colleagues say Nanette has a brilliant mind, is able to build trust and confidence in all and has the ability to build strong collaborative relationships across partnering organisations as well as being able to subtly influence, gently lead, encourage, support and guide nurses into leadership positions.

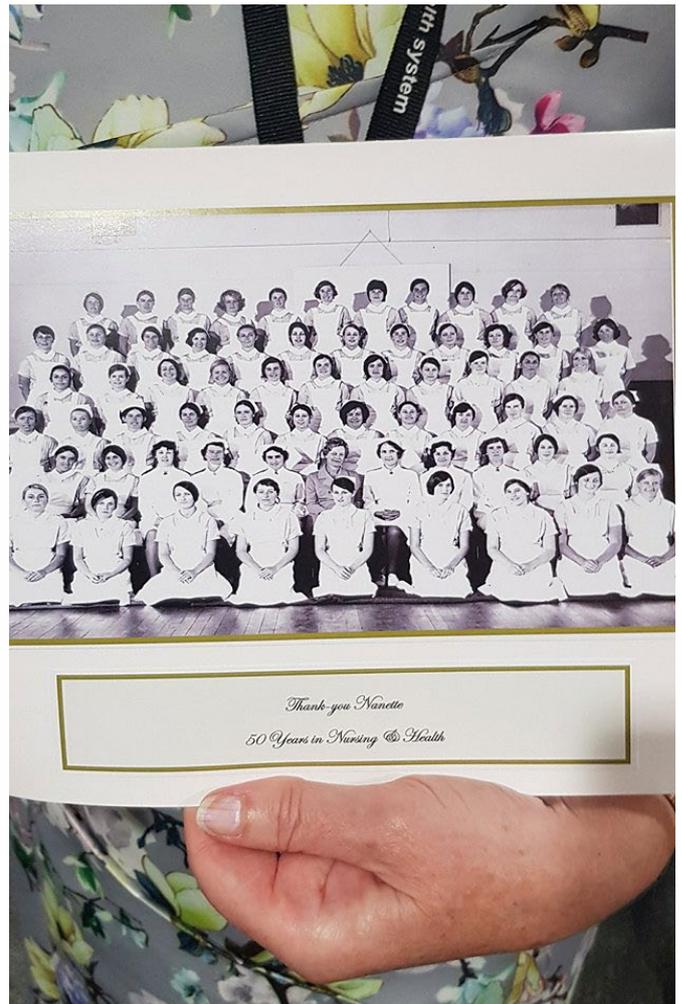
"Nanette is a true nursing Taonga and we and the people of Canterbury have been truly privileged to know, work with, and laugh with her over the years", says Director of Nursing, Pegasus Health Michael McIlhone who worked with Nanette at Canterbury DHB.

Canterbury DHB Executive Director of Nursing Mary Gordon says it has been a privilege to call Nanette a colleague and she has personally appreciated her support, guidance and wisdom.

"I cannot thank her enough. Even though Nanette is leaving, we can take comfort in the fact that her legacy lives on in the many nurses she has influenced over the years who are now supporting, guiding and mentoring our future generations of nurses."

After some persuasion a small, no fuss, afternoon tea was held for Nanette on 19 February by the Directors of Nursing.

Thank you sincerely Nanette for all you have done for nursing and the Canterbury Health System.



Christchurch Hospital School of Nursing – class of 1968. Nanette is second row from the back, fifth from the left



Associate Professor Philippa Seaton, University of Otago, presents a bouquet to Nanette Ainge at her farewell afternoon tea

Hospital birth in not so 'orderly' fashion

A small wheelchair storeroom became an impromptu birthing suite last week, when a woman in the late stages of labour presented at Christchurch Hospital's main entrance.

Orderlies Manager Alan Heney and Orderlies Trainer Daniel Meyers were first on the scene when Christchurch woman Essy van Blerk came through the entrance doors with her husband, Deon.

In a panic, Deon had missed the entrance to Christchurch Women's Hospital where Essy's midwife had arranged to meet them.

With the baby's arrival imminent, Daniel and Alan steered Essy into the empty storeroom, and while Alan tacked up sheets for privacy, Daniel ran to find help.

Fortunately, he came across a nearby meeting of Charge Nurse Managers who swung into action, soon assisted by hospital midwives and volunteers.

Alan and Daniel were despatched to source gloves and towels, and within minutes baby Blake van Blerk entered the world.

Daniel says there were plenty of curious passers-by in the hospital's main foyer. He and Alan say they've assisted with births in cars before, but never in a storeroom. The pair later visited Blake and presented him with a teddy bear on behalf of the hospital orderlies.

Essy says when she finally arrived at Christchurch Women's Hospital her midwife was shocked to see her holding her baby.

Blake is the first child for Essy and Deon, who emigrated from South Africa two years ago. The proud parents are grateful to all who assisted, and say it will be a great story for Blake's 21st.



Baby Blake van Blerk



(L-R) Daniel Meyers and Alan Heney with proud parents Essy and Deon van Blerk, and baby Blake

Four in a row for Ashburton Maternity

Over a 12-year period it's received three framed certificates and now Ashburton Maternity is the proud owner of a stone sculpture to recognise its 4th BFHI accreditation.

BFHI stands for Baby-Friendly Hospital Initiative, an international programme launched in 1991 by the World Health Organisation (WHO) and the United Nations Children's Fund (UNICEF), to ensure all maternity services become centres of breastfeeding support worldwide.

Jane Cartwright, Executive Officer of the NZ

Breastfeeding Alliance, says the endorsement is awarded every three to four years, and Ashburton's 4th award recognises many years of sustained practices and consistent achievement.

"If we can create an environment which allows mothers to establish breastfeeding, it gives our babies an excellent start to life."

The BFHI aims to improve exclusive breastfeeding rates and currently 99.85 percent of infants born in NZ maternity services are delivered in BFHI-accredited facilities. Of those, more than 80 percent are exclusively breastfed on discharge.

Charge Midwifery Manager Julie Dockrill says at Ashburton Maternity mothers are welcome to return to the unit for breastfeeding support if it is required and this ensures that mothers and babies can get the very best start in life.

Julie also praised the Lead Maternity Carers (LMCs) for the work they do to support Ashburton women.

Midwife Caroline Nye says the 4th award is deserved recognition for the unit, and is also "a credit to midwives past and present."

Ashburton Health Services Manager Bernice Marra attended the presentation and said she was incredibly proud of the endorsement and would ensure the sculpture took pride of place in the unit.

The koru design represents the unfolding of new life.



(L-R) Charge Midwife Manager Julie Dockrill holds a celebratory cake while Midwives Caroline Nye and Sandra Scott pose with the new sculpture presented to mark a 4th BFHI accreditation



(R-L) NZ Breastfeeding Alliance Executive Officer Jane Cartwright presents the sculpture to Ashburton Maternity midwife Caroline Nye

New study shows when ‘broken hearts’ are most deadly

A University of Otago, Christchurch summer student has identified the days when patients are most vulnerable to dying suddenly from a ‘broken heart’.

Broken heart syndrome or stress cardiomyopathy is an increasingly common condition that may mimic symptoms of coronary heart disease. The Canterbury and Kaikoura earthquakes resulted in clusters of patients presented with the disorder – giving researchers a unique chance to study it.

Researcher student George Watson, a second-year medical student, interviewed 11 people who had suffered ‘broken heart syndrome’ after the earthquakes. He found that while patients feel worst on the first day the syndrome hits, they were more likely to die from arrhythmia on the following two days.

George says these ‘most fatal’ days were often when patients reported feeling better and were when their blood tests were returning back to normal.

Canterbury DHB cardiologist Paul Bridgman was one of Watson’s supervisors on the 10-week Summer Studentship project. He says the findings provide scientific evidence on a condition that has become more common in the past decade.

In Canterbury, there has been a 10 percent increase in patients in last 10 years, or about one patient a week now.

Paul says most patients in hospital survive the condition, but not everyone. Patients in the community not receiving medical care are also of concern.



From left, Researcher student George Watson and Canterbury DHB Cardiologist Paul Bridgman



Medical student George Watson. Behind him is an echocardiogram image of a ‘broken heart’

Hui highlights shared health ambitions

The benefits of common aspirations and collaboration across sectors were reflected at the Healthy 'Greater' Christchurch Hui last week.

Established in 2002, Healthy Christchurch is an intersectoral initiative based on the idea that all sectors and groups have a role to play in creating a healthy city.

The hui, held at Lincoln Event Centre on 16 February, gathered representatives from 45 organisations – community groups, local government, government departments, health and iwi – to discuss how the network has been expanding to include 'Greater' Christchurch and new opportunities to work together.

Participants also had a chance to learn more about the Greater Christchurch Partnership and the role Healthy 'Greater' Christchurch is to play in implementing the healthy communities goal of the Urban Development Strategy.

Under the banner of health, most of the conversations were about social determinants – housing, initiatives for newcomers and migrants, community development, alcohol policy, family violence, and ways to make space for all voices in the community.

Hui organiser Sara Epperson, an Advisor at Community & Public Health, says while the setting and the priorities of each organisation might be different, the hui brought people together to focus on what they had in common – wanting to improve the health of the people in our communities.



Mayor of the Waimakariri District Council David Ayers, Selwyn District Council Community Relations Manager Denise Kidd, and Community & Public Health General Manager Evon Currie field questions at the Healthy 'Greater' Christchurch Hui



Top and bottom right: The Hui brought together representatives from 45 organisations

One minute with... Jo Cook, Medical Coordinator, Ashburton Hospital

What does your job involve?

Non-clinical support for medical staff in Ashburton. This includes Registered Medical Officers (RMOs) and Senior Medical Officers (SMOs). Recruitment, orientation, rosters, accommodation, leave, Continuing Medical Education training, service planning and development, and much more! I am often the contact point for other services and staff within the hospital, People and Capability and the Resident Doctors Support Team (based in Christchurch).

Why did you choose to work in this field?

I came from the disability sector, looking for a new challenge. I enjoy working with people and this was a new position that offered the opportunity to utilise my skills.

What do you like about it?

Everything! The variety of my role makes it very interesting. I particularly enjoy ensuring that Ashburton provides well-supported runs for the RMOs and gives them a great experience.

What are the challenging bits?

Covering shifts at the last minute but we always get there.

Who inspires you?

The SMOs and RMOs who I work with.

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 values are an integral part of my role and our team.

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

This is Going to Hurt by Adam Kay. A funny, honest and sometimes terrifying insight into the life of a junior doctor in the UK.

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

Cruising the Greek Islands.

What do you do on a typical Sunday?

Go for a swim and get the groceries, hang out at home particularly if the children are home, go for a walk up the farm and the Rangitata Diverson Race canal, gardening.



One food I really like is...

Chicken and coriander dumplings

My favourite music is...

Anything by Muse. I'm off to see them live in December which is a bucket list item for me.

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, 2 March 2018 – 12.15pm to 1.15pm, with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker 1: Ignatius Chua, Immunology – “Gene therapy: edging towards perfection?”

With the genomics revolution in medicine, gene therapy is often promoted as a promising new avenue of treatment. However it is not without its problems and many challenges remain.

Speaker 2: Greg Hamilton, Planning and Funding – “Canterbury’s ambition: a data-driven health system”

What do we mean by data? How do we interpret it? Where do we find it? The development of data systems to drive our planning and decision-making will be presented, system performance highlighted and guidance on where and how to access different forms of data will be outlined.

Chair: Siobhan Cross

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

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, 9 March 2018, Rolleston Lecture Theatre
Convener: Dr R L Spearing (email: ruth.spearing@cdhb.health.nz)

This talk will be uploaded to the staff [intranet](#) within approximately two weeks. Please check out the [video archive](#) to see more Grand Rounds.

Call for abstracts – 2018 Allied Health Conference

The call for abstracts for the conference is now open.

Abstracts are invited for oral, poster or speed talk presentations at the Allied Health, Scientific and Technical Conference from Wednesday 9 – Friday 11 May 2018 at Te Papa Museum, Wellington.

Contributions are invited on innovative practice from all allied health, scientific and technical professions.

Abstracts should relate to the conference theme of “Live Well, Stay Well, Get Well with Allied Health”.

Abstract submissions should all be made through the link on the Conference website – www.confer.nz/alliedhealth2018/abstracts/

Key dates:

Friday 2 March 2018 - Deadline for receipt of abstracts.

Friday 9 March 2018 - You will be advised on your place within the programme.

Wednesday 21 March 2018 - Early bird registration deadline.

If you have any questions about the Conference or submission of abstracts, please contact alliedhealth2018@confer.co.nz



ALLIED HEALTH, SCIENTIFIC & TECHNICAL CONFERENCE
Wednesday 9th – Friday 11th May 2018 • Te Papa, Wellington



HEALTH QUALITY & SAFETY
COMMISSION NEW ZEALAND
Kupu Taurangi Hauora o Aotearoa

Let's talk: our communities, our health

The Health Quality & Safety Commission (HQSC) is excited to be hosting its inaugural two-day consumer-focused event *Let's talk: our communities, our health*.

With a strong health consumer focus, the event will attract 200 people from the health sector to historic Te Papa, Wellington on 8 and 9 March 2018.

The event has charismatic and engaging presenters including Lance O'Sullivan (GP and author) and Janine Shepherd (Olympic athlete and author), a pechakucha session with four brave presenters from the health community and much more.

HQSC is also inviting abstracts for the rapid fire sessions titled 'quality improvement' and 'the patient voice'. The deadline is Friday 8 December.

Find out more about the conference and register your place [here](#).

Shout out your feedback and be in to win!

We need your feedback to help strengthen the policies that lay out "how we do things around here" and how the organisation supports you.

Visit www.surveymonkey.com/r/carestartshere
to do the survey

#carestartshere



Doing the
Right Thing



Being and
Staying Well



Valuing
Everyone



Go by Bike Day

Wednesday 28 Feb 2018
7.00am - 8.30am

Locations:

Armagh St Bridge (North Hagley Park)

Antigua Boat Shed Bridge

Little Poms (corner Fitzgerald Ave
and Kilmore St)

St Albans Community
Centre on Colombo St

