

CEO UPDATE

30 April 2018

Canterbury

District Health Board

Te Poari Hauora ō Waitaha



Canterbury's integrated mental health system continuing to provide more care and support to more people

Mental health services in Canterbury have been under unrelenting pressure since the series of more than 15,000 earthquakes hit our region over seven years ago. International evidence indicated that we would experience an increase in demand for mental health services, but we didn't know when or how significant these would be. The Kobe earthquake, Hurricane Katrina and more recently the East Japan earthquake disasters have led to significant increases in mental health diagnoses and service utilisation. In Canterbury we too have seen dramatic increases in the demand for our services, which has put real pressure on primary care who provide first-level Brief Intervention Counselling, as well as our NGO partners in the community and in our Specialist Mental Health Services.

Against this backdrop of busyness, our achievements are even more remarkable and I am extremely proud of what has been achieved in spite of the challenges our system, and our community, have faced.

Our population has grown significantly – we are now at population levels projected to occur in 2024/25, and this has impacted all of our services, particularly mental health.

I want to thank and acknowledge everyone working in our community-wide mental health system, as I know that while its enormously rewarding work, there are also real challenges. I also know many tangata whaiora/people seeking wellness and accessing our services are pleased with the treatment, care and support they receive. I want to acknowledge the impact negative media stories can have on workforce morale and pride in our services. Please remember that for every one negative story, there are

hundreds of people who are receiving great support and the work you do is making a positive difference to the lives of thousands of Cantabrians and their families each year.

As we operate in an integrated way, more care in Canterbury is provided in the community than ever and the proportion is greater than most other large metropolitan areas. This means most people are accessing the right care at the right time in the right place, provided by the right person. Despite this, we are still seeing burgeoning demand in some areas.

For those who are still in facilities that aren't fit-for-purpose, I'm pleased to report that good progress is being made on plans to create new facilities on the Hillmorton site for the Specialist Mental Health Services currently based at The Princess Margaret Hospital. The pressure on our acute adult inpatient service, Te Awakura, has been relentless, with more patients than we have beds for. Together with the Ministry of Health we are currently re-looking at how we can provide more sub-acute care in the community.

There is no shortage of innovation and bright spots throughout our mental health system and I want to highlight a few things that are happening:

› The team leading the [Government Inquiry into Mental Health and Addiction](#) will be in Canterbury in July and we are planning an engagement schedule which will see them meet as many providers and tangata whaiora/people using mental health services as possible. Their work is incredibly important as it will help set the direction for the future – the team has stated: "we want to generate hope and set a clear direction for the next

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five to ten years that Government, the mental health and addiction sectors, and the broader community can pick up and implement – to make real, positive change". If you have an opportunity to be part of this process, please participate and help shape future priorities. Everyone can have a say via their website.

- › Thanks to the team who are bringing the **new Canterbury Mental Health Support in Schools Initiative** to life. The initiative will launch in two Kāhui Ako (Communities of Learning) Tamai and Hornby. A new electronic pathways tool is being developed to help everyone involved navigate the range of services available. The initiative will be progressively rolled out across Canterbury.
- › The work in the Kāhui Ako will complement our existing Schools Based **Mental Health Service** which supports more than 130 school communities.
- › The **All Right? Campaign** was established in 2013 as a response to the impacts of the greater Christchurch earthquakes on the wellbeing of Cantabrians. It was developed on the basis of substantial quantitative and qualitative research into what citizens and communities were experiencing, their perspectives on mental wellbeing and what kind of information delivery would be most effective. All Right? seeks to improve the positive mental health of the population through basic positive psychological interventions and communications focused on emotional literacy and intelligence, empathy, character strengths and self-care. Increasing the resilience of individuals and communities is increasingly recognised as a critically important adaptive buffer for things as diverse as coping with the impacts of disasters and climate change, to helping prevent suicide.
- The All Right? team constantly amaze me with their innovative ways to make people think about their wellbeing. The Campaign continues to be hugely successful with high levels of awareness and impact. Watch this space next week for their latest initiative.
- › Local NGO provider **He Waka Tapu** has developed a web-based recovery support tool called Whai ora Online for people who access their intensive Alcohol and Other Drug (AOD) services. Over several years a peer group has built up with engagement particularly useful for people who return to another district once they've completed treatment. There is sound monitoring of the programme and enhancements now allow whai ora to identify progress against their personal recovery goals. We are currently working at broadening access to include other AOD services.
- › It was great to be part of the recent celebrations to mark the expansion at **Tūhauora - Christchurch Central AOD Service**. This has been a success story with the creation of a one-stop shop for addiction services to

meet the 25 percent growth in referrals from 2016-2017. The collaboration of AOD services has led to innovation and growth. Importantly for people using the service it means consistent assessment; better access to services; quicker response to consumers and identification of gaps in treatment allowing the NGOs involved to develop new approaches; and there's a move to increase peer support involvement.

- › This year we had the **biggest ever intake of new graduate nurses and allied health staff to our specialist mental health services**. More than 50 are part of our New Entry to Specialist Practice (NESP) programme. Canterbury is one of two DHBs in the country that are programme providers. Over the past eight years we have been employing many more Registered Nurses into the programme above funding to maintain and grow our workforce.

There is a lot to be proud of, and a lot of ideas about how we can work with others to reorient our community towards a wellbeing system that aims to support people to stay well and healthy in their own homes. This reorientation will require physical, social, cultural, policy and spiritual environments that support wellbeing. It relies on society providing support and kindness to each other; this was seen following the earthquakes which coincided with a fall in demand for acute mental health services. Sadly, that was short-lived.

By improving the mental health and wellbeing of Cantabrians we can help create a healthier, happy, more vibrant city and region where everybody can thrive. A region-wide focus on supporting mental health and wellbeing could reduce and prevent mental health issues in the future and improve the wellbeing and resilience of individuals and communities.

In the meantime, as we work towards this aspirational goal, know that the work you do is important and the performance of the mental health sector in Canterbury is nothing short of extraordinary.

Haere ora, haere pai

Go with wellness, go with care



David Meates
CEO Canterbury District Health Board



Bouquets

Ward 24, Christchurch Hospital

My husband was recently in Ward 24 and my family and I want to thank everybody in the ward for the fantastic care he received. I know his was a difficult case and very sadly he did not make it, but he was always treated with gentleness and respect. We couldn't have asked for better care. There are too many of you to name, but we hope those who cared for him will know that we consider them very special people who went above and beyond what was expected of them. Please keep on being the dedicated people you are.

Ward 27, Christchurch Hospital

Words cannot express enough our heartfelt appreciation for the beautiful way you cared for our dad. He had a long, difficult struggle but your humour and patience to the end made a huge difference. You really are the most amazing people. With thanks from us all.

Ward 24, Christchurch Hospital

We are very grateful for the wonderful care you all gave our much loved mum during her time in your ward. Many thanks.

Ward 18, Christchurch Hospital

I was very pleased with the service of the doctors and nurses. They made my stay enjoyable. There was a bit of a wait for my surgery but that was expected, overall the service was excellent.

Acute Medical Assessment Unit (AMAU) and Ward 14, Christchurch Hospital

Very helpful nurses and hospital aides at AMAU yesterday. Great orderly Phillip, and Anne very professional and welcoming to Ward 14 for my mother-in-law. Thank you.

Wards 10 and 12 and Intensive Care Unit, Christchurch Hospital

Lots of compliments – the ward staff are amazing. We all felt extremely cared for and safe over the whole week.

Hand Therapy/Physiotherapy, Christchurch Hospital

The hand/therapy group is great! Friendly staff, well organised and good care. Thank you.

Ward 24, Christchurch Hospital

Thank you staff for your kindness to both our mother and to us. Your time and efforts were amazing. It really meant so much.

Day of Surgery Admission, Christchurch Hospital

Staff were particularly understanding of the needs of my intellectually disabled sister when she came in today for plastic surgery. Her disability makes her quite uncooperative at times but all care and sensitivity was given to alleviate her stress levels. The staff (in particular Tracy) were great! Thanks a lot for being so good.

Ward 24, Christchurch Hospital

To all the staff at the Stroke Unit, thank you all so much for your love and time. You are all amazing.

Security, Christchurch Hospital

I had to visit my husband who has been in hospital for a while now. We decided to take a walk outside. However, taking into account my husband is in a wheelchair and having back problems myself, it's not easy pushing him around. On our way back in a member of your security ... asked if I needed a hand and went out of his way to help get my husband and myself back up to the ward. I was over the moon with how helpful and friendly he was. This isn't the first good run in I've had with security here, so I would like to say a big thank you to those guys.

Area and hospital not specified

Lovely staff, my Nana couldn't be in a better place. Much thanks.

Coronary Care Unit, Christchurch Hospital

I would just like to say that the nurses and doctors have been fantastic in their treatment of my wife while she has been in your care. I really appreciate everything they have done for her. I would especially like to thank Nurse Delia for the way she has helped my wife get on with life. She goes the extra mile. I would also say I appreciate Nurse Robyn for her care and attention.

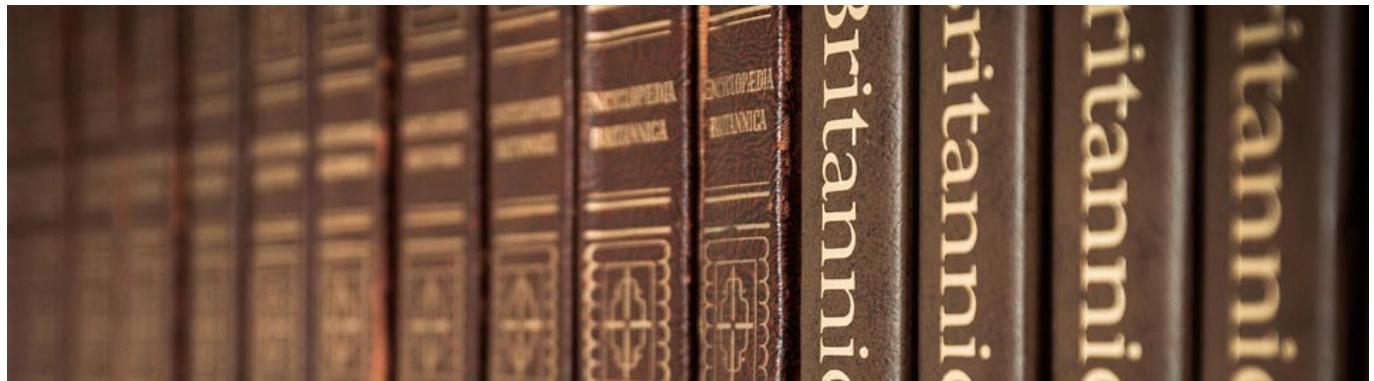
Security, Christchurch Hospital

Very impressed with the friendliness and helpfulness of Jodie and her security team. The no problem/can do attitude in helping a patient move their vehicle and return equipment was commendable.

Children's Acute Assessment, Child Health Services, Christchurch Hospital

We were in yesterday with our daughter. We found the nursing team so wonderful to deal with and very accommodating during our stay. Doctors Daniel Mackay and Alex Binfield were very professional and

personable and were fantastic with our daughter. Could not speak higher of these two wonderful assets to the hospital, they were very thorough, created a relationship without hierarchy, were great to talk to and created a great experience for us as a family despite the circumstances.



The Library

["High risk of malnutrition in older people"](#) – almost 75 percent of older adults admitted to hospital were at risk or presently malnourished in a recent New Zealand study. Eighty-eight percent of participants were living at home suggesting screening needs to become an important part of primary care. From *Massey University*, published online: 30 April 2018.

["Mentoring Millennials"](#) – great article on some of the common misunderstanding between generations and misconceptions of what's driving the behaviour of people born between 1980 and 2000, with useful tips on how to keep this generation engaged. From *JAMA*, published online: 17 April 2018.

["Biomarkers for irritable bowel syndrome"](#) – researchers in Europe have found initial clues about organic triggers of the condition, with the goal of finding biomarkers to help accurately diagnose it. From *ScienceDaily*, published online: 20 April 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

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](#).

Facilities Fast Facts

Acute Services building

Workstream news

Already a lot of behind-the-scenes work is being done to prepare staff for the eventual move to the Acute Services building. Several workstreams have been set up and a series of workshops is being planned in September for staff to attend.

So far, the workstreams cover orientation for staff, Information Services, the building's 'Back of House' models, ward unit moves, ways of working including, migration, and workforce development. More workstreams are being set up to cover specific activities as the need arises. If your expertise is required on a workstream, a liaison person will soon tap you on the shoulder – if they haven't done so already.

Trenching work is about to begin at the rear of the hospital site, alongside the Riverside building, for a new high-voltage cable. Fences have been erected along one side of the access road to the mortuary. Access to the cycle parking and Department of Anaesthesia staircase will be maintained.

Roadworks on Oxford Terrace

Sometimes it's difficult to see how to navigate the throng of roadworks between the hospital and the corporate office at 32 Oxford Terrace. Currently the most direct route is on foot, along the riverbank.

The picture taken last Friday shows work progressing on removing the old iron tram rails embedded in the roadway. In the foreground is where a new roundabout will eventually be built. Apparently there is a tram turntable still buried somewhere under the tarmac...

The final photo this week shows the tram lines extending in front of the original building next to the site of our corporate office at 32 Oxford Terrace. The Royal Hotel (later the Grenadier Hotel) was used in the 1918 influenza epidemic as an emergency hospital.

If you've not had your flu shot yet this year, see page 11 of this *CEO update* for more information.



Christchurch Outpatients

As we get closer to completion, the sign below will begin to appear on more rooms in the new Outpatients building. This one is on the door of a consultation room on Level 3.



Image credit: Ref: 1/1-008541-G. Alexander Turnbull Library, Wellington, New Zealand. natlib.govt.nz/records/22844316

'SAVE LIVES: Clean Your Hands'

In any healthcare setting, hand hygiene is still the simplest and single most effective thing you can do to prevent the spread of infection and keep our patients safe.

This year the World Health Organization (WHO) is celebrating 10 successful years of campaigning on the importance of hand hygiene. Each year they choose a theme that provides New Zealand health systems with a focus for activity and reflection.

The theme this year is: **It's in your hands – prevent sepsis in health care.**

The big '**SAVE LIVES: Clean Your Hands**' day is on 5 May but in Canterbury we think hand hygiene is so important that we dedicate the whole month of May to it.

As part of creating awareness around 5 May, WHO has created a number of resources to help get the message across. Look out for a screensaver from 1 May and this [colourful graphic](#) which has some eye-popping facts about sepsis and the difference you can make by preventing it.

What you can do:

1. Clean your hands, and ensure your practice reflects the '5 Moments' of hand hygiene.
2. Champion hand hygiene best practice among your patients and colleagues.
3. Good news stories – share what you or your team have done well to spread the word and improve hand hygiene performance.
4. Sign up to the WHO campaign [here](#) and encourage others to do the same.
5. Download and use the 'SAVE LIVES' [email signature](#) during May.

Each week during May there will be a *CEO Update* story, highlighting different aspects of what's going on in our system and sharing the 'It's in Your Hands' message.

This three-minute [animated video](#) shows the difference washing your hands can make and how it should be done.



Treasured chaplain's presence will be missed

The corridors of Christchurch Women's Hospital will no longer ring with tunes from popular musicals and the soaring notes of uplifting hymns after Chaplain Hilary Barlow retires on Thursday.

"I like to sing all over the place. It has an effect on people's spirit," she says.

Hilary, aged 80, was appointed as chaplain on a two-year contract but ended up staying for 14 years. She says it's now time for someone new to take on the role that for her has been "an absolute privilege".

"If I'd attempted to do this job in my own strength I would have fallen over within two weeks," Hilary says.

"It's the Holy Spirit's presence in me that has encouraged me on a daily basis. The more you give out the more you get back. That's the extraordinary thing with God, the pot never runs dry."

She also gets replenishment from her three children, six grandchildren and four great-grandchildren.

"I am a family freak."

Hilary was born in the coastal town of South Shields in northern England, into a family of third generation booksellers. She was 16 when she first felt aware of a calling to chaplaincy, which she describes as a listening ministry.

"I am here to listen with my heart and hear people say things that are not spoken in words."

Her love for people comes from "God our great Creator, who is the very essence of what love is."

"I am madly in love with the staff, it's going to be so hard to leave them. Nothing will ever be the same but there's a very special assurance within me that I have done all I could," she says.

Nurturing of the spirit is vital for personal wellbeing, Hilary says. She wants to leave staff a message to stop and reflect on what they have achieved during the tough times of the earthquakes and love themselves, "not a little, but a lot."

General Manager Christchurch Hospital Pauline Clark describes Hilary as a rare and precious gift.

"Time with Hilary is akin to undertaking an activity that brings you joy. She will be remembered with immense love and affection and will be greatly missed."



Chaplain Hilary Barlow

Customer Services Manager Joy Sixtus says while Hilary has primarily been the dedicated Chaplain for Christchurch Women's Hospital and Paediatrics, she has also been a great support to many patients, families and staff across the wider Christchurch Campus.

"Her cheery presence and the passion and positive energy she has brought to the role has been enormously important."

Hilary's listening presence has been the greatest gift, bringing with it encouragement, renewed hope, healing and comfort, especially during our most challenging times.

"The world of Christchurch Hospital will be so very quiet without her presence but we wish her well for a well-earned rest and retirement", Joy says.

New patient information system goes live in the heartland

The South Island Patient Information Care System – or SI PICS – has sprung to life in seven more areas across Canterbury, including rural health facilities and Child Development Services (CDS) at Christchurch Hospital.

This is the latest milestone for the SI PICS project, which is introducing an innovative new information system across Canterbury and the wider region. The project is the single biggest health IT investment in New Zealand of the last decade.

All five South Island DHBs will join the single system over the coming years, but for Canterbury DHB, the process started back in 2016 when SI PICS was rolled out to Burwood and The Princess Margaret Hospitals. Today, 682 people now regularly use SI PICS, and that number is set to rise later

in the year when the system goes live on the other main Canterbury DHB campuses – Christchurch, Christchurch Women's and Ashburton Hospitals.

Stella Ward, Executive Sponsor for SI PICS and our newly appointed Chief Digital Officer, says she's delighted to see SI PICS take its next steps. In her new role, Stella will lead this and other large-scale tech transformations at Canterbury DHB.

"SI PICS is one of this year's most anticipated projects and a significant investment in modernising our digital toolset and ensuring that we continue to offer the best patient experience, as well as an enabling working environment for staff."

"SI PICS is fundamental to our vision of achieving an integrated, connected health system for the region."

The use of a single system across the South Island will help DHBs to streamline and reduce duplication in their administrative functions and ensure a smoother, faster transition for patients moving between facilities anywhere south of the Cook Strait.

SI PICS includes patient demographics, a master patient index, appointment booking, waiting list management, patient transfers, records of patient activity, reporting, admission and discharges, as well as alerts and allergies.



Kaikōura Health Te Ha o Te Ora – one of the rural health facilities where SI PICS is now live

With this technology now rolled out to rural facilities and CDS, the SI PICS Project is focused on Christchurch Campus. Around 76 services across the hospitals are currently preparing to make the switch.

A key part of that preparation is staff training. Lessons formally began on 16 April and will continue for the next six weeks. Over 700 people will attend a classroom-based session, and many more will participate in lecture theatre demonstrations.

Critical to the success of this roll-out is making sure services are engaged and supported. The SI PICS Champion Network comprises over 90 staff from across the campus, who will provide collegial support to their teams and areas. The Change Facilitators Group are also on hand and are working closely with services to ensure that they're comfortable with the roll-out.

"Staff have been amazing," Stella says. "I'd like to thank everyone for their support and patience throughout the transition – they're putting in a great effort to learn and adapt to the new system."

Stella said the project is on track to 'go-live' on the Christchurch Campus later in the year.

Preventing falls from the ground up – safe footwear

Falls are a common cause of injury, hospital admission, and even death in people of all ages, but especially in older adults. Approximately 22,000 New Zealanders aged 75+ are hospitalised each year for injuries due to falls. Older people who are injured as a result of a fall are more likely to lose confidence and independence, are at greater risk of falling while in our care, and stay in hospital longer.

The Canterbury Health System is continuously working to reduce the number of falls and the harm they cause in our hospitals and in our communities. What is on the patient's feet is an important consideration when taking a multi-factorial approach to falls prevention.

An audit carried out on the use of 'non-slip' socks in September 2016 within the Emergency Department, Medical and Surgical departments at Christchurch Hospital showed that non-slip socks were being used as default footwear for patients in acute services. The term 'non-slip' is commonly used but now has a touch of irony. Really it means 'better than ordinary socks, but not as good as quality indoor footwear' – but that's a bit of a mouthful.

Even where patients did have their own footwear, they didn't wear them if non-slip socks were provided. This

signalled that the DHB needed to review its current non-slip sock guidelines and highlighted the need to promote replacing non-slip socks with appropriate footwear as soon as it is available.



New hospital guidelines for the use of appropriate footwear for patients within our hospitals are being released and are based on the fact that only limited evidence supports the default use of non-slip socks as a preventative measure for falls. Literature suggests that patients wearing their own adequate footwear from home is the safest option while they are in hospital.

Falls risk reduction promoted in Specialist Mental Health Service

The Specialist Mental Health Service (SMHS) is playing its part in reducing the risk of falls among its consumers by promoting physical activity on mental health units.

The Health Quality & Safety Commission theme for this year's April Falls Awareness Campaign is "Live Stronger for Longer."

This is also in keeping with the "Be Active" action point from the Mental Health Foundation's '5 Ways to Wellbeing.'

SMHS Occupational Therapist Lilian Margetts is a passionate advocate for falls prevention and has been promoting the 'April Falls' message among SMHS colleagues.

She has been highlighting making the most of opportunities for planned physical activity in mental health units and engaging consumers, both on a one-to-one basis, and during therapeutic activities and groups.

"I believe that all disciplines in mental health settings have an important role to play in promoting healthy physical activity and optimising physical and mental wellbeing," Lilian says.

SMHS units routinely offer a range of planned therapeutic groups and individual treatment sessions. These include various sports and exercise groups, games such as indoor bowls, and gentler activities such as daily walks and gardening. The units also provide access to exercise equipment.

Structured physical activity which focuses on fitness and exercise can support bone density, strengthen the central core and develop sensorimotor integration – all of which contribute to reducing people's risk of falls.

Donated items on their way to cyclone damaged Samoan school

Much-needed school and office equipment is on its way to schools in Samoa thanks to the vision of a Canterbury DHB staff member and his wife.

Jason Watson, a Registered Nurse in the School-Based Mental Health Team, says he was on holiday last year in Apia, Samoa with his wife Sandy, a primary school teacher, when they heard some Manumalo Baptist School pupils singing.

"Before you knew it we were in the school and Sandy was teaching them Te Reo songs and chatting with the staff."

He and his wife kept in contact with the school's principal and when they heard that the school had been flooded by Cyclone Gita the couple decided to see if they could help.

"In my role I am often in schools and while at Avonside Girls High School (AGHS) I learnt that because the school is moving sites next year they have a lot of spare used school equipment."

Over the next two months, he received similar offers from Shirley Intermediate School, Bamford School, Cust School, St Albans School, Rangiora New Life School and the Southern Health School.

He also received items from Canterbury DHB Service Manager Pauline Tootell, who is overseeing the re-purposing of equipment from The Princess Margaret Hospital, and from excess supplies that had been collected by the Ministry of Education for Tonga.

The Southern Region Support Centre of the New Zealand Army collected all the equipment from the different sites (including the Watsons' own garage), transported it to AGHS and loaded it into the containers.

As a result two containers were successfully filled with over 200 student desks, 130 chairs and dozens of other small and large items.

"I would like to formally thank my workplace, the School Based Mental Health Team, the wonderful NZ Army, AGHS staff, and the many thoughtful and helpful people in the various schools throughout Canterbury who were involved."

The school is still in need of laptops and a photocopier.

He and Sandy are going back to Samoa in July. Sandy will provide professional development to teaching staff on music, and Jason has been asked to talk to the staff about anxiety and how to manage it.

"We look forward to this and to see a school that is open,

much better equipped and serving its community well," Jason says.

Jason's next aim is to reimburse the school for the approximately \$8000 it paid for the containers and transport costs. Avonside Girls High School has agreed to coordinate donations and forward them to the school in Samoa. If you would like to contribute you may make a deposit to the Avonside Girls High School's bank account (12-3240-0108065-000). Make sure you reference your name, the code 82040 and 'Manumalo' to identify deposits. Any queries can be emailed to accounts@avonside.school.nz



Members of the New Zealand Army unloading donated items



Cyclone Gita damage at Manumalo Baptist School

Fighting flu: FOMO and busting myths

There are lots of great reasons to get your flu vaccine.

Although she hates needles, Evie Ryan, aged eight, bravely went ahead and got her flu shot last week.

Here's why she did it: "If you got the flu you'd miss everything, you'd be stuck in bed, there would be nothing to do. You'd be so bored," she says.

There are lots of great reasons to get your flu shot – Evie's fear of missing out (FOMO) is just one them!

There are quite a few myths floating around which are preventing some people from following Evie's example. We know this because last year Canterbury DHB conducted a staff survey which explored some of the barriers to people getting their flu shot. Here are four of the myths identified in the survey:

Myth: The flu isn't that bad anyway – it's just like a cold.

Influenza may cause nasty cold symptoms, like a sore throat, runny nose, sneezing, hoarseness, and coughing. But unlike a cold, the flu can lead to hospitalisations and deaths. It is a very serious illness – just ask anyone who has had it.

Myth: I'll catch the flu if I get the flu shot.

The influenza vaccines available in New Zealand do not contain a live virus. These vaccines contain fragments of inactivated influenza viruses and cannot cause disease.

Myth: I've heard the vaccination isn't even effective. It only covers a small number of strains of influenza so the risk is still there to get flu.

Each year the World Health Organisation makes recommendations as to what influenza components should be in the vaccine. The quadrivalent vaccine now available in New Zealand covers the four major types of seasonal influenza virus. The closeness of the match with the influenza strains that are circulating varies from year to year, but vaccination is still your best protection.

If you have been immunised and then get the flu, it's likely that you won't get it as badly and you'll recover quicker.

Myth: I got the flu after my last vaccination, so it didn't work.

It may not have been the flu you got but a flu-like illness caused by another type of virus, of which there are a number each winter. These illnesses can also be severe at times, requiring admission to hospital. Even if it doesn't prevent you from getting the flu, vaccination can decrease the chance of severe symptoms.

Following vaccination it takes up to two weeks to be fully protected, so if you were exposed to influenza virus around the time you were vaccinated, the vaccine may not have had time to start working before you became sick.

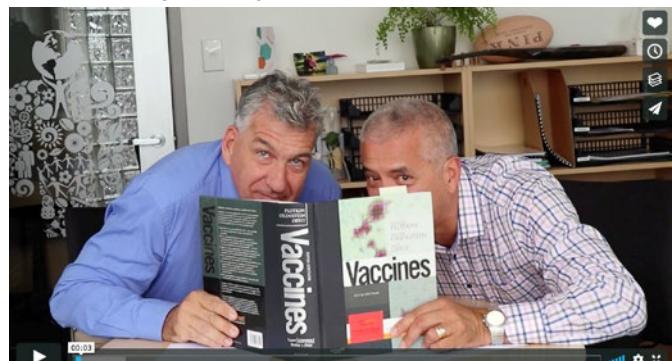
[Go to the intranet for more on flu myths](#), including a video of Canterbury Medical Officers of Health Ramon Pink and Alistair Humphrey going through some of the flu myths identified in the staff survey.

Getting your flu vaccine is easy - you can either attend a clinic or contact an authorised vaccinator in your work area.

Details of flu vaccination clinics, and a list of authorised vaccinators, can be found on the [intranet](#).



Evie at Pouakai Zoo with Norbert the Tuatara while on holiday in Taranaki



One minute with... Jean Pycroft, Cleaner, Christchurch Hospital

What does your job involve?

Cleaning and keeping Ward 22 to a high standard of cleanliness.

What are the challenging bits?

I like to ensure there are no black marks on the floor.

Why did you choose to work in this field?

The hours suited me while the children were young and I continued as I enjoyed what I was doing.

What do you like about it?

Working with a great bunch of nurses, hospital aides and meeting lots of nice parents and their children. Seeing them getting better, chatting with them about their likes and dislikes.

Who inspires you?

My family is very important to me, as are my friends.

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?

For me it is about treating all staff members, parents and their children with respect.

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

The Thorn Birds by Colleen McCullough.

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

At the top of the Grand Canyon. I would really like to walk out over the canyon on the glass floor and have the feeling of being suspended over the canyon.

What do you do on a typical Sunday?

Believe it or not, for a cleaner it's housework, gardening and catching up with the family.



Jean and her husband Pye at their 45th wedding anniversary celebration five years ago

One food I really like is...

A nice meal of roast meat and vegetables.

My favourite music is...

This is a sign of my age but 60s and 70s music.

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, 4 May 2018 – 12.15pm to 1.15pm, with lunch from 11.45am
Venue: Rolleston Lecture Theatre

Speaker 1: Liam Moore, Oral & Maxillofacial
"Surgical management of obstructive sleep apnoea"

Continuous Positive Airway Pressure (CPAP) has been the mainstay of treatment for Obstructive Sleep Apnoea (OSA) since the 80s, it's poorly tolerated by patients and even less so by their partners. Perhaps a visit to the Oral & Maxillofacial surgeon is due.

Speaker 2: Jen McLachlan, Medical Oncology
"Immune checkpoint inhibitors in oncology - why you need to know about them"

Immune checkpoint inhibitors have revolutionised the treatment of advanced melanoma and will have a major role to play in the management of other adult cancers. Their side effects are usually mild but some patients will experience serious adverse effects that can affect any organ system, occur at any time after start of treatment and may present to any part of the health service. How to recognise and manage these adverse effects will be discussed.

Chair: Ruth Spearing

It is requested out of politeness to the speaker(s), that people 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

All staff and students welcome

Next is – Friday, 11 May 2018

Rolleston Lecture Theatre

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

Key messages from the Canterbury Clinical Network (CCN)

Read this month's [key messages](#) from the [CCN Alliance Leadership Team](#) (ALT), including:

- › An update from the Mental Health Support in Schools Service Level Alliance (SLA) was provided to highlight progress so far.
- › Summary of presentations provided by:
 - › Newly-appointed Chair of the Health of Older People Workstream Janice Lavelle on the aims of the workstream and indications that it continues to be aligned with the NZ Health Ageing Strategy
 - › Planning and Funding Team Leader Greg Hamilton outlined the current focus and priorities of the Urgent Care SLA; and
 - › Chair of the Hurunui Health Services Development Group Marie Black provided some reflections on the process of developing the Model of Care.
- › Several membership changes across Canterbury Clinical Network's groups, including the Laboratory SLA, Oxford and Surrounding Area Service Development Group, Hurunui Health Service Development Group, Ashburton SLA, Pharmacy SLA.

CCN Programme Manager Ruth Robson was farewelled and thanked for her integrity, fantastic commitment, her thoughtful manner, her ability to keep people on track and the great results she achieved during her time in the role from these qualities.

Starting today, Linda Wensley will replace Ruth.



Interrupted access to Christchurch Hospital afternoon staff car park

Roadworks on St Asaph Street will intermittently affect access to the afternoon staff car park between Thursday May 3 to Wednesday 9 May.

St Asaph Street is being resurfaced between the above dates. The work will be done overnight.

Between 6am and 8pm access and exit from the afternoon staff car park will be along St Asaph Street as usual.

On 2, 3 and 4 May between 8pm and 6am overnight access and exit will be along Stewart Street from Moorhouse Ave. A temporary gate will be made by Downer and will be manned. Signage will be in place to direct drivers.

Further work will take place on 7 and 8 May at the same times

Staff going to their vehicles should continue to use the lit security-approved path to walk to and from the hospital. Downer staff will escort you across the work area.

This work is weather dependent. If the weather does not allow work to continue the road closure will not take place and access to/from the St Asaph Street Car park will be from the usual electronically controlled gates on St Asaph.

To view a map showing the impacts visit [The Parking Spot](#) on the intranet.



Upcoming 2018 Clinical Board Election

An election is soon to be held for one Senior Medical Officer (SMO) for a term commencing on 1 July 2018.

Recently, the Clinical Board agreed to a one-year extension of the term of office for members to 30 June 2019, when elections will be held for all four elected positions for the usual three year term.

The election is open to SMOs and Senior Dental Officers (SDOs) only.

The timeline for the one position to be elected is as follows:

- › *Call for Nominations:* Monday 7 May – Friday 18 May 2018.
- › *Voting:* Monday 28 May – Friday 8 June 2018 by way of an email sent to the Clinical Board Co-ordinator, Carol Kingsland carol.kingsland@cdhb.health.nz

Nomination forms and guidelines are available here:

<http://cdhb.intranet/Documents/Nomination-form-and-profile-form-for-elections-2018.doc>

The Clinical Board has overall responsibility for clinical governance in healthcare services provided or funded by the Canterbury DHB.

Full details here: <http://cdhb.intranet/corporate/ClinicalBoard/SitePages/Home.aspx>

The current terms of reference, as adopted on 8 December 2015, can be viewed here:

<http://cdhb.intranet/Documents/Terms-of-ref-revised-December-2015.doc>

Corporate Challenge at ASB Christchurch Marathon

If you are looking for something new to help motivate you to get or keep fit, why not grab your workmates and your running shoes and get training for the ASB Christchurch Marathon's Corporate Challenge?

Taking place on 3 June, the marathon event caters for runners and walkers of all ages and fitness levels with a full and half marathon, a 10km run and a Mara'Fun run for kids. It will take participants on a scenic route around city landmarks such as Cathedral Square, Hagley Park, the Avon River and the Red Zone.

Training is more fun as a team so this year organisers are encouraging businesses to get corporate teams together.

Race Director Chris Cox says the Corporate Challenge is a way to bring the city's organisations and businesses together in a celebration of fun and fitness.

"People will be able to have a great day out with colleagues, achieve some personal goals then celebrate with some awesome food and beverage deals while raising money for charity."

Major road closures are planned for the central city to ensure the safety of racegoers, so spectators and participants are encouraged to plan ahead and allow extra time to get to and from the event.

For more information on the Corporate Challenge, go to www.christchurchnz.com/city-events/asb-christchurch-marathon

Early bird registrations close May 14. To register, go to www.christchurchmarathon.co.nz

To register your team for the Corporate Challenge, contact corporatechallenge@christchurchnz.com



Participants in the ASB Christchurch Marathon

Corporate Challenge

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



**Sunday
3 June 2018**

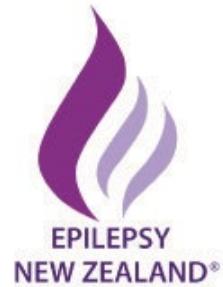
**Be a part of the ASB
Christchurch Marathon
Corporate Challenge**

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™





The New Zealand
EPILEPSY
Consumer Experience
SURVEY

Do You Have Epilepsy? **WE NEED YOUR HELP**

The Ministry of Health is working with an advisory group and Epilepsy New Zealand to improve services for people living with epilepsy.

We want to find out what is important to people with epilepsy, what services work well and what can be improved.

Access the survey at www.epilepsy.org.nz/survey

The survey runs until **Thursday 31 May 2018**.

If you prefer, the survey can be emailed or posted to you.
Please contact Epilepsy New Zealand for a copy.
phone: **(07) 834 3556**
or email: **national@epilepsy.org.nz**

For support and education about epilepsy phone 0800 374 537.