



Three good things that make me proud to lead the Canterbury Health System

Last week, like most other weeks, my diary was full of meetings, events and presentations allowing me to meet inspirational people doing amazing work within the Canterbury Health System.

I hear patient stories that remind me why we do what we do. There are also really difficult conversations where as a health system we haven't got it right and things don't go as planned.

However last week was special for a number of reasons which I have outlined below.

The Guardian newspaper – UK

Everyone working in the Canterbury Health System should be very proud, as our collective achievements were highlighted in the form of an article published in *The Guardian* newspaper in the UK last Tuesday 3 July. The article, 'Five ideas from other health systems that could transform the NHS' highlights Canterbury's integrated health system and talks about our collaborative approach to health and social services care, and our ongoing journey of transformation. You can all be proud of the part you play in continuing to make our health system better. Here's a link to the [article](#).

Pictured speaking at HealthPlusCare – the largest integrated health and care event in London UK is Greg Hamilton, Team Leader from Canterbury DHB's Planning & Funding team talking about transformation and integrated care with our partners NECS, the North of England Commissioning Support Service



Blessing of Manawa, the Health Research and Education Facility

Last Friday marked the culmination of many years of planning, negotiations and discussions with our partners Ara Institute of Canterbury and the University of Canterbury when we blessed Manawa, our new state-of-the-art hub for health research and education in Christchurch's Health Precinct.

The doors are about to open to 2000 health students, along with researchers, educators and technical staff.

Manawa is a collaboration between Christchurch's health and tertiary education sectors, bringing together the partners listed above.

Staff from all three organisations attended the blessing, along with representatives from building developers New Urban Group and others involved in the project.

The three partners will share the building to help create and train the health workforce of the future, in particular nurses, medical imaging specialists and midwives as well as postgraduate health researchers and current health professionals, building on existing relationships.

On the doorstep of Christchurch Hospital and at the heart of the Te Papa Hauora/Health Precinct, Manawa

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will provide students with easy access to educational and clinical resources. It will enable clinicians and students to move freely between the hospital and education and research spaces, and ensure knowledge transfer from and into the clinical settings.

Manawa will allow our programmes and our people to grow and develop, and will deliver better outcomes

for students, patients and health professionals and for the sustainable future of the health sector in Canterbury and New Zealand. As well as lecture rooms and flexible learning spaces, a simulation floor will enable large-scale simulations in real world health care environments and access to advanced clinical equipment that students would normally only see during placements.

The health research and education partnership group worked with Te Pākura Ltd and local iwi to gift the name Manawa to the building and embed local cultural narrative through the design, symbolising the importance of health to all sectors of the Canterbury community. The name, Manawa, is taken from a contemporary pepeha (proverb) – *Manawa Whenua, Manawa Tangata* – that speaks to the intimate connection between human health and the health of our environment.



Canterbury DHB board deputy chair Tā Mark Solomon and one of the many stunning window designs which feature throughout the building

Manawa Tangata (the human heart) is used as a metaphor for human health and *Manawa Whenua* (a deep fresh-water spring) is used as a metaphor for environmental health.

We have had great working relationships with both Ara and the University of Canterbury and co-location will enhance these. We are looking forward to welcoming and working with our new neighbours.

A special thanks to the small, hard-working team who have driven this project to fruition.

You can see more photos of the facility and the blessing in this week's *Fast Facts* on page 6 and check out [this video](#) showing the simulation area and highlights from the blessing. Keep up-to-date with the latest Manawa news on their [Facebook page](#).



L-R Dave Nicholls - Ara Capital Works Project Manager, chats with David Meates and Canterbury DHB's Becky Hickmott, Nursing Workforce Manager, in one of the shared open plan workspace areas that will soon see Canterbury DHB and Ara nursing workforce and training staff co-located

Minister of Health visits the All Right? Team to talk wellbeing

There's always a lot to celebrate in the Canterbury Health System, and it was great to be part of a meeting between the Minister of Health, Hon Dr David Clark, our Chairman John Wood and the All Right? team.

For the past five years All Right? has used a wide range of engaging and innovative approaches to get people thinking about their own wellbeing and what they can do to improve it. It says a lot about the success of the campaign that the Minister of Health made time to talk with the All Right? team about how they've gone about developing an effective, strengths-based wellbeing campaign.

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

David Meates
CEO Canterbury District Health Board



David Meates, Mental Health Foundation Chief Executive Shaun Robinson, General Manager Public Health Evon Currie, Minister for Health Hon David Clark, All Right? Manager Sue Turner, Public Health Specialist Lucy D'Aeth, Board Chair John Wood and All Right? Project Lead Ciaran Fox



Bouquets

Gynaecology Outpatients Department, Christchurch Women's Hospital

Always friendly and helpful staff, everyone is caring and understanding and I've always felt very well looked after by this hospital.

Maternity Unit, Rangiora Health Hub

Appreciate our stay here. The staff were very helpful. Thank you.

Ward 22, Christchurch Hospital

Thank you very much to everyone who took great care of my son. Thank you for what you have done.

Gynaecology Ward, Christchurch Women's Hospital

Just wanted to say how amazing two particular nurses have been (unnamed). They were so professional, caring and empathetic and made me feel so reassured and positive... They really did go above and beyond. Thanks so much.

Judy, Plastic Surgery Outpatients, Christchurch Hospital

Awesome nurse Judy went above and beyond what she needed to. Much appreciated.

Eggert and Sue, Emergency Department, Christchurch Hospital

I would just like to say a big thank you to Dr Eggert and Nurse Sue for your kind reassuring treatment at my daughter's unscheduled visit. You made it very pleasant under the circumstances. Thank you.

Convalescent Unit, Rangiora Health Hub

Complaints? What complaints? Everything is wonderful! The food is five star and the staff are always cheerful. A great two weeks "holiday"! Thanks to everybody.

Wards 27 and 26, Christchurch Hospital

A fantastic place to be when help is needed. Everyone was so very kind and patient. They take time to inform and provide any possible assistance. A ready smile, comforting hand and a listening ear. You are all amazing! Thank you.

Pei Wang, Eye Clinic, Christchurch Hospital

Thanks to Dr Pei Wang for always being so bright, kind and caring to Mum. The way you treat her with respect despite her challenges is much appreciated. See you next time.

Emergency Department, Surgical Assessment and Review Area, and Surgical Ward, Christchurch Hospital

Great experience... Kind and helpful staff. Terrible to need gallbladder out, but very quick and great service. Thanks.

Management and staff, Christchurch Hospital

Immediately upon arrival at Christchurch Hospital I was put in a wheelchair and taken to the Emergency Department where

examinations were made and various tests were carried out by the doctors and nurses. The care given and the courtesy shown was quite outstanding. The professional treatment was delivered with a genuine concern... and I was kept informed of what was being done and why at all times. Early in February last year I was admitted to hospital... and felt moved to write a letter after being discharged expressing my gratitude for the truly wonderful service. Once again I feel the need to express my thanks in writing for the superb team of professional care-givers whether they be porters, cleaners, surgeons, doctors, nurses, office staff, kitchen staff or any other staff involved. Knowing that the people of Christchurch are supported by such a brilliant group must in itself be a health booster. With every good wish to you all.

Jared Campbell, Acute Medical Assessment Unit, Christchurch Hospital

A huge thank you to Dr Jared Campbell for your awesome care and making me feel at ease in an awkward situation. Truly fantastic doctor, also shout out for your excellent cannulation skills.

Christchurch Hospital

Please pass on my sincere thanks to the doctors, nurses and hospital staff at Christchurch Hospital for their skill, dedication, and unfailing courtesy during my recent stays and

also for the assistance which I am still receiving. It is most certainly appreciated.

Emergency Department (ED) and Surgical Assessment and Review Area (SARA), Christchurch Hospital

We were really impressed with Dr Jack and Nurse Julie from the ED who were very caring and explained in a helpful manner what was going on despite a clearly busy night. Also Shelly, Holly and Kate have been wonderful on the SARA unit.

Toby James, Ear, Nose and Throat Outpatients, Christchurch Hospital

Thank you to Toby James for his calm, caring and gentle approach to my 17-year-old daughter with a fractured nose. Your care was outstanding and your words reassuring. You made her feel sure about her choice to do the right thing and you prepared her well for the procedure. Thank you again. The hospital are lucky to have you as a doctor.

Ward 27, Christchurch Hospital

I wish to offer congratulations on the outstanding care I received in Ward 27... also to commend the overall standard maintained within this part of the hospital. The food was more than first class and the attention to detail was both efficient and effective ... hospitalisation can be a stressful affair and probably is for most people, but the competence and confidence shown by the nurses and doctors was enough to overcome any problems that may make a patient worry. I was so expertly treated in such a manner that in no way was I anxious of my condition because I was in safe hands. Two particular nurses who treated me were Abbey and Eden... and they seemed to be in a plane of action and responsibility beyond the normal... I found the standard of cleanliness was exemplary in all aspects of the care being given and the general conditions were also of a high standard. This... hospital is second to none on quality assessment and this

reflects the overall management of the hospital. Therefore I congratulate you and thank you for the services being provided.

Grey Base Hospital, Christchurch Women's Hospital, and the Air Retrieval Service

In September 2017 I required the service of the Flying Doctors. Going into labour at 34 weeks while over in Greymouth, I was flown back to Christchurch for medical care. The service I received was second to none. The staff were caring and showed compassion, professionalism and empathy. My family and I are so grateful for this wonderful service, it is invaluable. Thank you from the bottom of our hearts.

Alex and Pat, Ward 20, Christchurch Hospital

I was in this ward for three days and I was treated with nothing but kindness and respect. Every single person who came in to help me was exceptionally sweet and made me feel at ease. My day nurse Alex and night nurse Pat were absolutely lovely and always made sure I was comfortable. I was so happy with my stay that I almost wanted to hug them goodbye! Change nothing, keep being the hard working people you are.

Surgical Assessment and Review Area (SARA) and Wards 16 and 17, Christchurch Hospital

I have been at the SARA Unit, Ward 16 and then moved to Ward 17. The

nurses, doctors and every member of the team was absolutely great. They looked after our every need and made us as comfortable as possible. They were clear with their information. I have to say a big thank you to them and I am grateful for their dedicated work.

Radiology Department, Burwood Hospital

We bought our 90-year-old mum in today for a CT scan. She was treated with respect, kindness and care by all involved. From the reception at the front of the hospital, to the reception in x-ray, to the nurse who put in the line, and the nurses and doctors who did the scan. The hospital is spotless and the atmosphere is calm. Well done to you all. Many thanks.

Radiology Department, Burwood Hospital

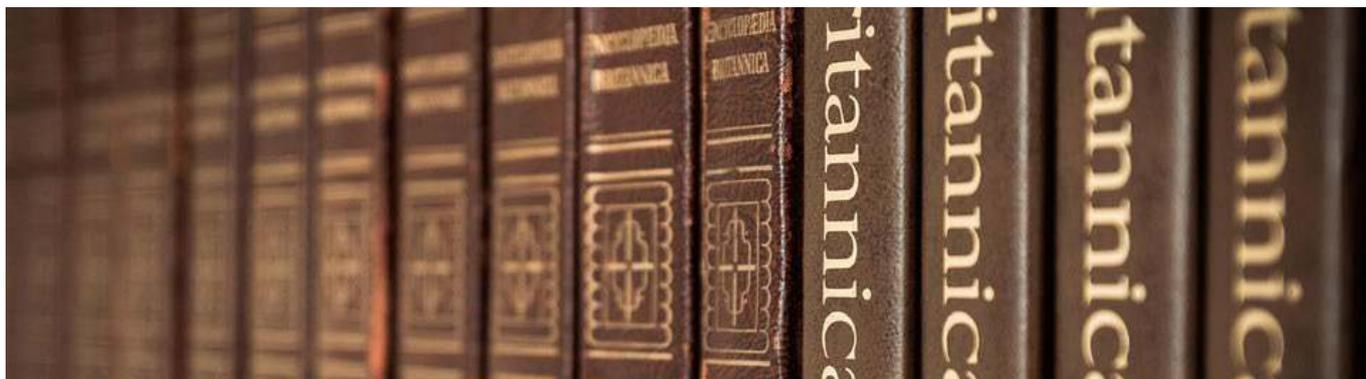
Very professional service from front desk to discharge. The process was normalised from the beginning and the cardiologist was pleasant and professional. Thank you to the doctor who came from eating lunch to supervise the contrast.

Big Shout Out

Clinical Team Co-ordinator (CTC) service

The CTCs do an amazing job on the wards. We don't have much call for them within our unit, however one night last week I didn't know what to do or who to call and they came to my rescue! They were so kind to our staff and to the patient, and they have such sound clinical skills that they are trusted around the whole hospital. Just wanted to say a big thank you.

#carestartshere



The Library

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

["Risks and benefits of direct oral anticoagulants versus warfarin in a real world setting: cohort study in primary care"](#)

– Warfarin has been used as an anticoagulant for 60 years but in recent years it has been gradually replaced by a new group of direct acting oral anticoagulants (DOACs). This study looks at the association between the new DOACs and risks of bleeding, ischaemic stroke, venous thromboembolism and all cause mortality compared with warfarin. From *British Medical Journal*, published online: 4 July 2018.

["Heat-Stable Carbetocin versus Oxytocin to Prevent Hemorrhage after Vaginal Birth"](#) – Hemorrhage is the largest direct cause of maternal death and usually occurs postpartum. Currently Oxytocin is the recommended choice for preventing postpartum hemorrhage, however, it must be stored in specific conditions which is not always possible. The effectiveness of an alternative drug, Carbetocin, has been studied in a clinical trial of close to 30,000 women and has shown to be equally effective at preventing excessive bleeding after birth. Unlike Oxytocin, Carbetocin does not require refrigeration and retains its efficacy for at least three years. From *New England Medical Journal*, published online: 27 June 2018.

["Drug gets body cells to 'eat and destroy' cancer"](#) – Scientists have tested a special type of drug in mice that helps the body eat and destroy cancerous cells. The therapy worked for aggressive breast and skin tumours, and the US team who has done the preliminary study hopes to begin human trials in the next few years. The treatment boosts the action of microphages (white blood cells) which are effective at fighting bacterial and viral infections but are not usually able to fight tumours. From *BBC.com*, published online: 3 July 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

Lichfield Street hospital shuttle

Our hospital shuttle service for Christchurch Hospital patients and visitors is now in its second week operating from the Christchurch City Council's Lichfield Street car park building at 33 Lichfield Street.

Shuttle passengers should drive in to the car park at 33 Lichfield Street, park anywhere there's a space, and catch the shuttle from Level 2. There's more information on our website parking pages (cdhb.health.nz/parking) and a new 0800 number to call for the very latest shuttle information: 0800 555 300.

Our hospital shuttles are clearly marked for Lichfield Street. Other non-DHB shuttle services are also operating at present, one from Deans Avenue and one from the corner of Riccarton Road. Passengers must make sure they get on the right shuttle to return to their cars.

Christchurch Hospital

The photos below show "before and after" works were completed in the underground service tunnel that connects the Labs and the boilers to the main hospital. The works re-sleeved the tunnel in concrete, making it narrower and also strengthening it. The essential services that run through the tunnel include steam pipes for hospital heating, data cabling, Lamson tubes for carrying laboratory samples, oxygen pipes and electricity cables.



After

Before

Manawa

On Friday 6 July a blessing service was held for the new Manawa building in the Health Precinct, as outlined in the introduction to this week's *CEO Update*.

Different groups will begin working and training in the new facilities during July and August. Ara midwifery and medical imaging students will begin classes on 16 July while nursing students will move to the new campus ready for term 4. An official opening of the building is being planned for October.



Canterbury DHB CEO David Meates in the scrub bay simulation at Manawa



A view of the decoration on the window glass at Manawa. The designs form part of the custom-designed cultural narrative which flows throughout the building

New uniforms for WellFood ward staff

WellFood ward-based staff are now kitted out in their new uniforms and proudly showcasing the WellFood brand to patients.

WellFood (Canterbury DHB Food Services) began in July 2017 when all patient meals, cafes and provision of Meals on Wheels reverted back to an in-house service.

Uniforms for back-of-house staff have been progressively replaced over the past year and the catering assistants who service the wards at Christchurch, Christchurch Women's and Burwood hospitals, changed to their new uniforms over the last few weeks.

"Prior to this, the staff wore a black and white uniform and the alteration to the light blue tops and tan apron has made a statement of change," says WellFood Service Manager Neville Patrick.

The new skirts and trousers are consistent with Canterbury DHB's uniform policy and the WellFood logo on the uniforms is significant and well accepted by the staff, he says.



Ngairé Bolton shows off her new Well Food uniform to Jean Morris



From left, Catering Assistants Dawn Thompson, Janette Radford, Natasha Fisher, Deborah McCann and Maree Morrell wearing their new uniforms

Nursing in Africa “life changing”

Registered Nurse Tina Anngow swapped working in Christchurch Hospital's Ward 22 for four weeks to volunteer as a nurse in Zanzibar earlier this year.

She was placed in a children's medical ward at Mnazi Mmoja Hospital caring for babies and toddlers up to three years of age with acute medical illnesses.

It was a life-changing, eye-opening experience that she will never forget, Tina says.

“I am so grateful to have been a part of the medical team.”

She had to quickly learn to adapt to working with limited resources and high volumes of patients. However, her four years of experience working in Ward 22 set her up well for the responsibilities and challenges she faced.

Tina shared her experiences in the latest Child Health newsletter, *Hot Tips*.

Here is her story in her own words (abridged):

“On a typical day I would be woken in the volunteer house by the hot morning sun and have a lovely cooked breakfast. I would then bike to work, taking one to two litres of water with me for the day, feeling like I had time travelled to a scene from *‘Call the Midwife’*, except it was very hot!

I would assist with the doctors' rounds and ensure the parents understood what was happening, answering any questions or concerns.

The most common conditions were pneumonia, weight loss, skin infections, heart defects and sickle cell anaemia. Patients with malnutrition and diarrhoea and vomiting were on a different ward. Our ward would sleep up to 46 patients despite only having the capacity for 40. Beds would be shared when times were desperate.

Everyone's antibiotics were due at the same times of day and it was up to the parents to bring their child to the nurses' station along with their antibiotics (these were purchased by the parents on admission) along with their medication chart.

There was one six-bed room which was the Intensive Care Unit (ICU) where children needing oxygen stayed. Humidified oxygen was the highest level of care and unfortunately I witnessed a few infants pass away with respiratory illnesses too severe to be managed by the treatments available.

I learned basic Swahili to communicate with patients' parents as some locals did not speak or understand any English. It was a great cultural experience and I loved learning the language and interacting with locals. They were so friendly and welcoming and there were exchanges of smiles every corner I turned.

The medical staff were incredible and really lovely to work with. They had a great team approach, were professional, knowledgeable, thorough and caring. I found the whole experience incredibly eye-opening, rewarding and valuable to my nursing career. I would highly recommend this to anyone wanting to volunteer in Africa. I have made friends for life and would definitely do it again.”



Tina with an Intensive Care Unit patient



Mnazi Mmoja Hospital, Zanzibar

South Islanders choose not to opt-out of sharing their health information

Less than 0.2 percent of South Islanders have opted out of having a shared-care record since HealthOne went live in 2012.

The South Island's electronic shared-care record view, HealthOne, stores health information including GP records, prescribed medications and test results.



HealthOne covers everybody living in the South Island, more than one million people, and only 1,150 patients have opted out.

The system collects data from secondary and primary care providers and makes it visible in a single shared patient record. Access to the record is available at the point of care for multiple providers including general practice teams, pharmacists, hospital clinicians and Nurse Maude staff.

The shared records are being accessed by healthcare providers more than 130,000 times a month and there are around 15,000 active users of the system.

If a patient does not want to have their information shared they request an opt-out. The person then receives a call or email to inform them about HealthOne, explain who can access their information and the implications of opting out. They are also offered a free visit with their general practice team to discuss their decision.

Patients can request to have parts of their information marked confidential, such as a prescribed medication or details of a consultation.

The South Island Alliance Programme Office says HealthOne is designed for use at the point of care and there is a process to ensure that information is only being accessed by clinicians caring for that patient and only in relation to a specific episode of care.

Pro-active fortnightly audits are conducted that show users who have accessed outside the agreed timeframes of having an encounter with a patient and these are followed up for an explanation, initially through a letter that asks for an explanation of why the patient record was accessed, and their responses are reviewed.

If their reasoning cannot be closed off by the Privacy Office then it is escalated to the user's superior/governing body to progress according to their own privacy processes.

HealthOne was commissioned by a partner alliance of the Canterbury DHB, Pegasus Health and Orion Health.

This story originally ran in eHealthNews.nz on Sunday 1 July 2018

The advertisement has a dark blue background. On the left, there is an illustration of two healthcare professionals, a woman in a pink jacket and a woman in a green scrub top, standing in front of a building labeled 'FAMILY DOCTORS'. The main text on the right reads 'CARE AROUND THE CLOCK' in large white letters, followed by 'Call your GP team 24/7 for health advice' and 'If it's after-hours a nurse is available to give free health advice'. In the bottom right corner, there is a small alarm clock icon and the hashtag '#carearoundtheclock'. The Canterbury District Health Board logo is also present.



Matariki, the perfect time to learn about Māori culture

Matariki, the Māori New Year, is becoming an increasingly important part of the New Zealand calendar.

The twinkling of the Matariki stars in the pre-dawn sky heralds special festivities.

Considered an occasion of renewal and celebration, it's a time to gather with family and friends to reflect on the past, celebrate the present, and plan for the future.

Matariki is marked by the rise in mid-winter of a group of stars, the Matariki (also known as the Pleiades star cluster or The Seven Sisters). Matariki literally means the 'eyes of god' (mata ariki) or 'little eyes' (mata riki).

Like Easter and the Chinese New Year, its exact timing varies from year to year. In 2018 Matariki rises around the 6–9 July which is when you'll be able to see Matariki just above the horizon before the sun rises.

The beginning of the 21st century has seen a revival in Matariki celebrations. Across New Zealand, people come together to remember their ancestors, share food, sing, tell stories, and play music. The range of activities planned includes festivals, art exhibitions and workshops, initiated by kōhanga reo, rangatahi groups and other organisations.

Valuing Everyone (mana tangata) at Canterbury DHB is a key part of the Care Starts Here programme and encompasses celebrating the many cultures and ethnicities represented by our people. Matariki is a good time to learn more about Māori culture, strengthen our connections and plan for the year ahead.



One minute with... Sandya Muralidharan, Mail Clerk

What does your job involve?

I work in the mailroom and my role involves receiving and sorting all the inward mail and parcels to be distributed to the departments. I also assist in booking outward postage for items that have to be couriered. We always try to find the cheapest and fastest way to courier things and try to save departments' budgets.

Why did you choose to work in this field?

Over a year ago, while completing my Master's degree in Business Management at the University of Canterbury I started as a catering assistant in Food Services at Christchurch Hospital as a casual to support myself. In May, I was offered a temporary position as a mail clerk which has eventually led to a full-time position (temporary though). Both these jobs have given me an insight to the values and principles Canterbury DHB stands for, and I want to be a part of that. My career goal is to secure a career in health where I can use my degree in a practical and positive way.

What do you like about it?

No two days are the same. It gets so challenging and busy some days, but the surprising part is that we somehow (don't ask me how) manage to get everything done by 5pm. That's the mailroom policy – clear bench, clear floor.

What are the challenging bits?

You need a vivid memory to memorise the names of staff, their departments and abbreviations for quick sorting and also be a handwriting expert to identify the sender of a mail in case you are in doubt of the receiver details. Raji my supervisor surprises me every day... she would have been an amazing detective or forensic examiner!

Who inspires you?

My parents... their sheer determination and resilience in raising me and my sister to who we are now. I always look upon them and learn the ways to live life with ease in this modern, fast revolving world.

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?

Both my previous and current work at Canterbury DHB revolves around people. It is important to accept and understand everyone to provide the best of service and maintain a good relationship. I simply go by the words "treat people the way you want to be treated".

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

I don't really enjoy reading books. One book I managed to read entirely was "Good Strategy/ Bad Strategy: The difference and why it matters", by Richard Rumelt. It was interesting with real time stories on how companies and business leaders survived or suffered because of their good and bad strategies.



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

In India with my family and friends. Nothing can beat the time spent with them. You realise the value of your loved ones only when you live away from them.

What do you do on a typical Sunday?

Waking up late in the morning, catching up on the phone with friends and family back in India, cooking some good food and binge watching all the shows I have missed. Just wish I could get more hours on a Sunday.

One food I really like is...

I am a big foodie. I love a variety of foods... biryani, cheesecakes, dumplings, seafood and the list goes on!

My favourite music is...

There is no particular genre. I love listening to different kinds of music. Music and food are my best companions and can just boost my mood instantly.

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 13 July 2018 – 12.15pm to 1.15pm, with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker 1: Kate Fitzmaurice, Christchurch Medical Students' Association Awards (5 mins)

Speaker 2: Dr Tony Fernando, Psychiatrist and Sleep Specialist, Senior Lecturer in Psychological Medicine, University of Auckland – "Compassion in Medicine"

We all want to be compassionate to our patients, our colleagues, our families and ourselves. In reality, all of us cannot be compassionate all the time. Find out why we lose compassion and, more importantly, how we can potentially enhance it. Dr Fernando will share his research findings as well as his personal experiences on this topic.

Because of his work on doctor's wellbeing, Dr Fernando was awarded in 2015 the Chair's award by the New Zealand Medical Association in 2015, the highest award given by the organisation to any doctor in New Zealand. In 2017, he received temporary ordination as a Buddhist

monk in Myanmar. Later that year, he commenced teaching mindfulness and emotional balance to inmates of Mt Eden Prison in Auckland.

Chair: Jan McKenzie

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
- > Pegasus, Room 1.02

All staff and students welcome.

Next is – Friday, 20 July 2018

Rolleston Lecture Theatre

Convener: Dr R L Spearing

(email: ruth.spearing@cdhb.health.nz)

Staff Wellbeing Programme: Wellbeing and Strengths workshops

Registrations are now open for the 2018 Wellbeing and Strengths workshops, with the first only weeks away.

Learn how to support your wellbeing and leave with a greater understanding of yourself and others both at home and in the workplace.

"I was blown away by this information and had many eureka moments. I am not exaggerating when I say that attending this workshop has changed everything!! In a good way!!" (2017 participant)

Register online through HealthLearn or follow the link on the flyers on the following pages.

For more information please contact Staff Wellbeing Coordinator, Canterbury and West Coast District Health Boards Lee Tuki by email lee.tuki@cdhb.health.nz

Strengths Workshops

For All Canterbury District Health Board Staff



You play a crucial role in the delivery of high quality care to the Canterbury/West Coast community. It's just as important that we care for ourselves and each other too; *Care Starts Here* with each of us making the time to *be and stay well*. Getting a better understanding of our strengths – and how we can engage these in everyday life – enhances your overall wellbeing.

With this in mind the CDHB Staff Wellbeing Programme and MHERC are running a series of 2.5 hour workshops focusing on '**Harnessing our Strengths**'.

On completing the workshop staff will have:

1. A theoretical understanding of the strengths based framework.
2. Tools to enable a greater understanding of themselves and others which can help improve personal wellbeing and interactions with others, both at home and in the workplace.

This workshop is designed to extend the foundation of positive mental and emotional health developed in the Wellbeing Workshops. We encourage you to attend a [Wellbeing Workshop](#) before attending the Strengths Workshop (although it is not a requirement to do so).

Workshop Overview:

- Increase understanding of character strengths as personal resources
- Identify and measure personal strengths
- Experience strengths-based conversations
- Engage strengths in everyday life
- Recraft tasks to increase wellbeing

Workshop Details:

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

For More Information Contact:

Lee Tuki - Staff Wellbeing Coordinator

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

[Click Here to Register](#)

Wellbeing Workshops

For All Canterbury District Health Board Staff

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

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

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

Workshop Details:

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

Workshop Overview:

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

For More Information Contact:

Lee Tuki - Staff Wellbeing Coordinator

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

[Click Here to Register](#)

The latest edition of eCALD news is out

CALD refers to culturally and linguistically diverse groups who are migrants and refugees from Middle Eastern, Latin American, Asian and African (MELAA) backgrounds.

This news edition includes:

- › eCALD® Research Commentary 20th Edition focuses on the series of *Growing Up in New Zealand (GUINZ)* studies
- › Cross-Cultural Interest Group: “Who are we, what we do, and what we are learning about working cross-culturally (case illustrations)” [24th July 2018]
- › Refuge in the City: Former Refugees in Urban New Zealand 2-Day Conference [6-7 November 2018]
- › Diversity Awards New Zealand 2018
- › World Refugee Day 2018
- › Education Review Office: Responding to language diversity in Auckland Report [2018]
- › New Zealand Health Survey Regional Data Explorer
- › Cardiovascular Disease Risk Assessment and Management Guidelines for Primary Care

[Find out more here](#)



Health Quality & Safety Commission New Zealand's e-digest is out now

The latest issue of the Health Quality & Safety Commission New Zealand's e-digest is out now. Stories include: Tackling skin infections in a Pacific population; the theme for Patient Safety Week 2018; and how a new survey of mental health staff will support improvements in quality of care. You can read more [here](#)



wāhine connect

Women's Clinical Leadership Webinar

August 1st 2018, 7:30 - 9:00pm

Hosted by Wāhine Connect, a professional network for women in medicine & health

www.wahineconnect.nz

We are lucky to have these three impressive women donate their time to this webinar - to share their stories, life-hacks, and tips.

Dr. Sally Langley

Graduating in 1980, Sally took on the formidable job of training as a plastic surgeon with a pre-schooler in tow. The first woman to be elected as President of the NZ Association of Plastic Surgeons, she has substantial experience working with international aid teams, and currently works in Christchurch and Greymouth.

Sally has 4 children, 8 grandchildren and is also involved in medical education, governance, and surgeon/trainee well-being.



Dr. Emma Parry

Entrepreneur and business woman, and 2010 Next Woman of the Year. Emma is an Obstetrician/Gynaecologist, and a sub-specialist in Maternal Fetal Medicine - she was the inaugural director of the national New Zealand MFM network.

Emma has also made significant contributions to the development of prenatal services in developing countries such as Bhutan, and is mum to two teenage girls. They have even taken up karate together!

Dr. Sue Nightingale

Sue is a GP-turned-psychiatrist and RACMA fellow, with an interest in bioethics and law. She is currently Chief Medical Officer at Canterbury District Health Board - one of the few women to hold this position in the country.

She fits in governance roles and yoga while also being Mum to two.



REGISTER NOW

Join us on zoom.us, August 1st, 2018, 7:30PM

Email juliet@wahineconnect.nz for more information, or click register now to find out how you can participate.



Ronald
McDonald
House®
South Island

Host a Roast

Invite your friends and family over for dinner in July and Host a Roast! Money raised will help Ronald McDonald House South Island provide free accommodation and support to families with a child in hospital away from home. Visit

www.hostaroast.kiwi

to register today!

Interprofessional Education Week

27-31 August 2018



**TE PAPA
HAUORA**
Health Precinct
Christchurch

The Health Precinct Advisory Council are delighted to announce that we will be hosting Dr. Margo Brewer – a highly regarded international leader of interprofessional education (IPE).

Margo will facilitate three workshops over the week for clinical and academic health educators, leaders, managers and clinical staff. This is a one-off opportunity the Council wishes to be shared widely across our health education system. Attendance is free. Registration is required.



Dr Margo Brewer is the Director of Practice and Interprofessional Education in the Faculty of Health Sciences at Curtin University, Perth.

Margo leads interprofessional education and clinical education/fieldwork across eight schools and 26 health related courses. She has presented on interprofessional education at over 50 conferences and published 20 peer reviewed journal papers and book chapters. Margo's PhD thesis was on leadership of interprofessional education.

Workshops:

- Leadership programme (2 days) – building capability and capacity and operationalising IPE
- Designing and developing IPE (morning session)
- Facilitating and delivering IPE (afternoon session)

For more information and to register go to www.ipe.org.nz

Te Papa Hauora /Health Precinct is the hub of a creative and inspiring network that integrates world-class healthcare, research and innovation, education and industry.

Brought to you by the
Health Precinct's partners



9 July 2018



THE INVIGORATOR

WITH THE WAIKUKU BEACH SURF LIFE SAVING CLUB



f @WaimakaririWinterFestival
waimakaririwinterfestival.co.nz

Come and join us at the Surf Club for our annual winter dip. Recover with a hot shower and hot soup.
Fancy dress is strongly encouraged. Family and Friends are encouraged to support the Splashers!

