



It's not too late to protect yourself against the flu

More than a third of Cantabrians have had their flu immunisation already this winter but if you're not one of them, there's still time to protect yourself.



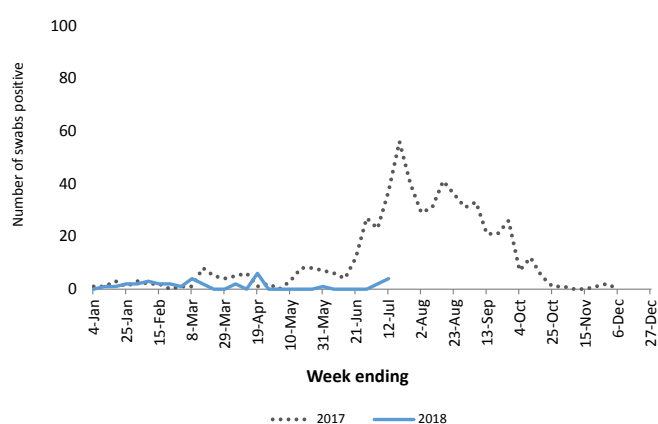
Recent data shows that 184,610 flu vaccines have been distributed in Canterbury so far this flu season – more than the totals taken at the end of the season for the previous three years. This is equivalent to 36 percent of our population and puts Canterbury at the top of the country for distributed vaccines.

It's encouraging to see how many people have had their flu shots already but we can still do better.

We'd love to see much higher numbers with our Māori population, particularly our kaumātua over 65 who are funded for free shots and can set a good example for the rest of their whānau.

The latest influenza intelligence reports are showing a slow start to the flu season, but as you can see from the graph below, things are slowly on the rise – watch that blue line!

Number of swabs positive for influenza virus each week in Canterbury, 2018 and 2017



This reflects what I'm seeing and hearing this past week

with quite a few colleagues coming down with coughs, colds and respiratory illnesses. This graph is taken from a sample of people who present to general practices in Canterbury with influenza-like illnesses and is a good indicator of what's happening in the wider community.

Because the flu shot can take up to two weeks to start providing protection you should get in now and get your flu shot, and encourage your family and friends to do the same. Free flu shots are still available for staff. Contact one of our [authorised vaccinators](#) to arrange this.

It's important to remember that around 80 percent of people infected with the flu show minimal symptoms so you can be spreading it to vulnerable people without realising.

It's much easier staying well than getting better so I urge you to take action to avoid catching or spreading the flu.

Our flu-free website flufree.co.nz has more information for the public, including locations of pharmacies providing flu immunisations, and some fun activities to keep the kids entertained for at least ten minutes during the holidays.

One final thing, if you are sick, please stay home until you're well. As much as we love your work, it's important to come back when you are free of the dreaded lurgy. Your colleagues will thank you for it. And if you do have a respiratory illness, remember to wash and dry your hands frequently. I have it on good advice that you are most infectious when coughing and sneezing, particularly when you have a fever and you usually become less infectious with time.

In this issue

- > Regulars... pg 3-6
- > International recognition for local mental health clinicians... pg 7
- > Respiratory Physiology Laboratory success and awards... pg 8
- > New role of Transalpine Information Manager | Mission completed: Providing assistance for those in need of emergency food... pg 9
- > New Mana Ake kaimahi welcomed... pg 10
- > Orthopaedic nurses attend study day... pg 11
- > One minute with... pg 14
- > Notices... pg 15-21

Football was the winner on the day

A big congratulations to supporters of the French football team, which claimed the World Cup in the early hours of this morning. Croatia put up a great fight, and their supporters should be very proud as well. I have enjoyed seeing people from all over the Canterbury DHB community socialising and bonding over the tournament – a great way to get to know each other a little better.

I would like to give my condolences to our large contingent of English staff members. It has been an exciting time watching the English team outperform all expectations and come painfully close to the final.

The FIFA World Cup is now over, but this may be a good time to remind everyone of the sports clubs in their own communities. Getting involved with a sport helps build your social network as well as keeping you fit. It can also get you out of the house for something fun in what can otherwise become tedious winter months. Check out the [social interest groups](#) on the intranet, and if you are part of a sports group looking more members let the team at SomethingForYou@cdhb.health.nz know or put up your own Post a note on the [intranet](#) to share details with your colleagues. There are also [discounts at gyms](#), kick-boxing and the like.

Remember that being active, learning something new and connecting are three of the five ways to improve your well-being.

Strike thanks

Thanks to everyone throughout our health system for the part you played in ensuring we were able to provide safe health care to those who needed it during last week's national New Zealand Nurses' Organisation (NZNO) strike.

Whatever your role, and whether you were on strike or at work, I appreciate the way you were respectful, kind and caring to each other, and to the people we provide care for.

When our health system is under pressure, the benefits of being part of an integrated system certainly come to the fore.

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



David Meates
CEO Canterbury District Health Board

p.s. There's a general staff vaccination clinic at Burwood on Wednesday 18 July from 9.00 to 10.00am in meeting room 1, level 1. Any staff member wanting their flu vaccine is welcome to attend. Alternatively, contact an [authorised vaccinator](#) to arrange a suitable time and place.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

If you're a non-staff member and you want to subscribe to receive this newsletter every week please subscribe [here](#).



Bouquets

Ward 23, Christchurch Hospital

Your staff have been absolutely amazing towards my family. The care and respect shown towards my grandma has been above and beyond anything we could have asked for. It's made her transition to the next chapter so much easier. Thank you from all of us.

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

I was in a lot of pain but the people working in SARA were absolutely marvellous in every way. One person who stood out was Usha, an IV technician. She did her job with a smile on her face while doing the job at hand without me feeling a thing. That's what I call perfection.

Eric Tan, Plastics, Burwood and Christchurch hospitals

Eric Tan was an excellent doctor who I dealt with on three occasions. He explained everything to me and thanks to him I no longer require any more surgery. He was polite and very nice about everything.

Intensive Care Unit, Christchurch Hospital

Age Concern Canterbury works to achieve wellbeing, rights, respect and dignity for older people. To do this, we often ask for help. Recently we had a food parcel delivered from the amazing nurses of the Intensive Care Unit. Thank you for your generosity, it is so appreciated by us, and the older

people who struggle – especially at this time of the year. (From Simon Templeton, CEO, Age Concern Canterbury.)

Ward 17, Christchurch Hospital

Thanks for the clean facilities, your cleaning staff seem to go the extra mile. Attentive staff and very friendly. Thanks for a comfortable stay, best place when you're unwell.

Emergency Department (ED), Christchurch Hospital

I want to pass on my thanks for the professional way ED Nurse Nicole conducted herself. She came into the cubicle with the Emergency Department (ED) doctor and supervisor. I was impressed by the way Nicole respected [patient's name] privacy and busied herself while the examination took place. I appreciated the respect she showed and the way she dealt with him... Also appreciated the ED doctor and his manner.

Acute Admissions, Christchurch Hospital

Thank you so very much for all your kind care for my husband. Dr Letesha, Dr Rose, and Nurse Tim were so loving and kind and explained everything to us, with a good follow up of tests to be done. Thank you so very much.

Ward 28, Christchurch Hospital

Thank you to the amazing team in the Neurology Ward. We thought your care and support was outstanding.

Intensive Care Unit, Christchurch Hospital

Great team, attentive care. Great communication for my friend/patient. Always listened and showed respect to the situation.

Cardiology, Christchurch Hospital

My husband went for an echocardiogram test, great as no waiting time. Very pleasant lady at reception plus he was put at ease during the test. I recently had an echo stress test and was very apprehensive. The nurses, doctors and everyone in the department put me at ease. Thanks to everyone, even the man directing traffic and parking at the entrance. Marvellous service.

Ward 15, Surgical Progressive Care Unit, Christchurch Hospital

The nurses were fantastic, professional, friendly and kind. Jess and Ruth stand out to me. Dr Mercer visited my husband before she left for the day, we really appreciated that. One of her team, a young woman, also visited. Their personal interest was wonderful.

Emergency Department, Christchurch Hospital

The Emergency Department staff are fantastic. My husband was admitted after a serious fall and I cannot say enough about the nursing staff and doctors. They were calm and kept me informed all the time... Please pass on our sincere thanks for the service we have received.

Emergency Department, Christchurch Hospital

Found the doctors and nurses absolutely fantastic. They do a wonderful job.

Intensive Care Unit South, Christchurch Hospital

After spending the day in the Intensive Care Unit with my nephew I cannot praise the staff enough. They have been kind, considerate and so helpful to our family. There are no words to describe how grateful we are to them. Thank you.

Bone Shop, Christchurch Hospital

Wonderful people.

Radiology, Burwood Hospital

Such a great service. Quick response for appointment, always on time and caring. We are lucky to have them.

Radiology, Burwood Hospital

What delightful, friendly ladies on the front welcome desk at X-ray, they do a great job.

Kitchen staff, Medical Day Ward, Christchurch Hospital

I would like to compliment the kitchen staff on the lovely lunch I received, the vegetable soup was delicious, just like my mother used to make. Plus the nice sandwiches.

Emergency Department, Christchurch Hospital

I brought a girl in who was injured playing rugby... I would like to thank the staff who treated her. The level of care and service was amazing. She was seen quickly and treated. Thank you so much for all you do.

Acute Medical Assessment Unit (AMAU), and Ward 24, Christchurch Hospital

We have been very impressed with the friendly patient care for our father. He has had a lot of family around and we have had a very positive experience from AMAU and Ward 24. The food has been great too. Thank you very much.

Bone Marrow Transplant Unit, Christchurch Hospital

My wife and I would like to thank all the staff for their wonderful care. Special mention to Vicky, she is a real asset. Thank you.

Child Acute Assessment Unit, Christchurch Hospital

Awesome staff. Thank you.

Birthing Suite, Christchurch Women's Hospital

Good work team. Keep up the good work.

Maternity Ward, Christchurch Women's Hospital

Midwife was amazing. Really made us feel more comfortable with her physical care and attitude. Always there to help even though she was busy.

Maternity Ward, Christchurch Women's Hospital

Awesome customer service. We were looked after so well and the midwives, doctors and nurses were so good.

Maternity Ward, Christchurch Women's Hospital

Keishana, a midwife from Maternity, looked after me today and I have to say she was fantastic! She was such a caring, calming person to be around, and as a first time Mum feeling unwell, she was just what I needed.

Maternity Ward, Christchurch Women's Hospital (CWH)

I gave birth to my son prematurely at 36 weeks. We were admitted to CWH Maternity Ward for four days post-partum. I would like to thank the team for our care. Everyone (midwives, hospital aids, lactation consultants, and the food service ladies) were all very supportive and made sure we had everything we needed in this difficult time. I would like to mention two midwives who gave us such good care – Joanne and the night shift midwife who looked after me for a few days (I am afraid I didn't catch her name). Their expertise

and gentle manner were reassuring and comforting. I am a staff member at Canterbury DHB. Whenever my patients thank me for good care I always say that we are just doing our job. As a patient this time round I wish to compliment the team for doing your job very well and to express my sincere gratitude.

Child Acute Assessment Unit, Christchurch Hospital

We just wanted to say a huge thank you to all of the team who looked after our son during his stay in hospital. We were treated with such compassion and respect throughout our time and the level of care he received was wonderful. We very much appreciate everyone who took the time to explain what was happening, particularly given that one of us is medical and one is not, it would have been easy to only pitch information at one of the parents, but we both felt included and our level of understanding was well respected. You made us feel supported and cared for during a really stressful time and we are so grateful. Keep doing what you do!

Gynaecology Ward

I want to thank everyone in the Gynaecology Ward. They took fantastic care of me and even though they were super busy still had time to stop to talk to me.

Women's Outpatient Department

I suggest patting yourself on the back, you're doing a great job.



The Library

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

["CRISPR makes cancer cells turncoats that attack their tumor"](#) – Cancer cells migrate back to the original tumour after metastasising to distant sites in the body. A new study has removed tumour cells from mice and then used genome-editing technology CRISPR to make the cells express a molecule that activates a receptor which causes cells to self-destruct. Preliminary results show improved survival in lab mice with brain cancer, and mice with breast cancer that had spread to the brain. From *Scientific American*, published online: 12 July 2018.

["Prenatal biochemical screening and long term risk of maternal cardiovascular disease: population based cohort study"](#) – This study examined the risk of maternal cardiovascular disease in relation to prenatal biochemical screening. It found that women with abnormal screening results were at a modestly higher risk of a broad premature cardiovascular disease composite outcome. It is hoped the data from the study can be applied to better estimate a woman's long term risk of cardiovascular disease. From *British Medical Journal*, published online: 11 July 2018.

["As Venezuela's public health system collapses, mosquito-borne viruses re-emerge"](#) – While working on the Zika virus in Venezuela, academics from the University of Florida have found a potentially dangerous virus called Madariaga (MADV) that appears to be crossing from horses to humans. MADV was detected in the blood of a child who had been suspected of having Zika virus. More research is needed to better understand the biology, genetics and clinical symptoms of the virus. From *The Conversation*, published online: 18 June 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

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Canterbury District Health Board
Te Raukōwhiri o Te Waipounamu

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Facilities Fast Facts

Acute Services building

Work is progressing throughout the building with the fit out of the rooms. There are around 3,000 rooms including state-of-the-art operating theatres, radiology, a new emergency department and intensive care units so it's a big job.

Two rooms on Level 3 have been completed to allow those involved in the design process to check everything is how it's meant to be.

The negative pressure room (pictured right) has an anteroom, an ensuite and a hoist. The bed head panel is in place.



This is an example of a single bed room with an ensuite



In the multi-bed linear wards, sliding glass doors between the beds will provide privacy for patients

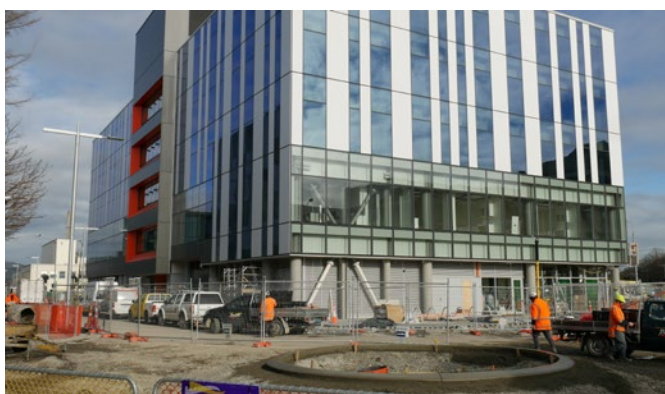
Christchurch Outpatients

The dates of the move into the Christchurch Outpatients have been confirmed. Preadmission, Haematology, Ophthalmology will move over the weekend of Friday 26 – Monday 29 October. Hagley, Genetics, Rheumatology / Immunology, Blood Test Centre will move over the weekend of Friday 2 – Monday 5 November, and Vascular, Neurology, Dental, Diabetes, Endocrine will move from Friday 9 – Monday 12 November.

The building will be blessed on Friday 5 October after which staff will have the opportunity to look around the building on 9 and 11 October (times to be confirmed). More information about these events will be distributed closer to the time.

[More information is available on the intranet](#)

With the inside of the building nearly complete, Leighs has moved onto the landscaping around the facility and is working with Ōtākaro to complete the Oxford Gap and Antigua Street/Oxford Terrace roundabout.



This photo shows the Antigua Street/Oxford Terrace/Christchurch Hospital exit, which is about two weeks away from opening

International recognition for local mental health clinicians

Three Canterbury DHB mental health clinicians have been certified by the Anna Freud National Centre for Children and Families as Mentalisation-Based Treatment (MBT) supervisors, joining a small number accredited internationally.

They are: Registered Nurse and Senior Lecturer, Department of Psychological Medicine, University of Otago, Dave Carlyle, Registered Nurse Robin Farmer and Consultant Clinical Psychologist and MindSight Clinical Supervisor Robert Green.

The trio are now on the list of internationally approved experts who can supervise trainee MBT Therapists.

"As far as we know, the only other accredited MBT supervisors in the southern hemisphere are four in Australia," Robert says.

Over the past decade, the Adult Community Service of the Mental Health Division has operated an innovative programme to address the needs of people diagnosed with Borderline Personality Disorder.

Known as the MindSight Programme, it is the only Mentalisation-Based Treatment (MBT) programme outside of Europe operated within a public mental health service. All other MBT centres outside Europe are university research studies or individual practitioners.

The programme is run at Canterbury DHB by a multidisciplinary team of eight half-time staff who are certified MBT Therapists and provide intensive psychological treatment for up to 40 consumers at a time in an 18-month treatment programme that involves individual and group therapy.

The programme began as an effectiveness research trial comparing MBT against a high level of standardised clinical care that followed international best practice, Robert says. That initial study was conducted in partnership with professors Anthony Bateman and Peter Fonagy of University College, London who provided many years of supervision.

This has continued via supportive relationships with the Anna Freud Centre in London, the institute that certifies training and practice of MBT internationally.



From left, Registered Nurse and Senior Lecturer, Department of Psychological Medicine, University of Otago, Dave Carlyle, Registered Nurse Robin Farmer and Consultant Clinical Psychologist and MindSight Clinical Supervisor Robert Green

The renowned centre of clinical excellence in psychotherapy services and therapy training has recently become known for its involvement in the 'Heads Together' campaign spearheaded by the Centre's patron, Her Royal Highness The Duchess of Cambridge, with support from His Royal Highness The Duke of Cambridge and The Duke of Sussex.

The analysis of the data from the research trial has just been completed and the results are now ready for publication, Robert says.

He will be presenting a review of the outcomes of the MindSight Programme on Tuesday 31 July, 12.30–1.30pm in the ground floor meeting rooms 3 and 4, Fergusson Building, Hillmorton Hospital.

Robert's presentation is called 'Treating Borderline Personality Disorder (BPD) in the real world'

There are several therapeutic approaches to the treatment of BPD with good evidence of efficacy, he says. However, people with this disorder have great difficulty accessing good treatment.

"What are the barriers to translating knowledge into everyday services? And, when that translation is made, how well does it work outside the laboratory setting?"

Robert's presentation will look at the first decade of data from the MindSight Programme to answer these questions.

Respiratory Physiology Laboratory success and awards

The Respiratory Physiology Laboratory at Christchurch Hospital is celebrating a number of successes.

Scientific Director of the laboratory Maureen Swanney has been made a fellow of the Thoracic Society of Australia and New Zealand (TSANZ).

She is the first New Zealand scientist to receive the honour and one of the first two New Zealand recipients.

The presentation was made at this year's TSANZ conference held in Adelaide recently.

Maureen says she is delighted to receive the fellowship because it represents an acknowledgement from her peers recognising her achievements and work for respiratory medicine and science.

For the second year in a row a staff member of the laboratory has won the 'New Investigator' award at the Australian and New Zealand Society of Respiratory Science (ANZSRS) conference.

In 2017, Canterbury DHB Respiratory Physiologist Rachel Kingsford won it with her presentation of her Master's research: 'Acute altitude exposure in patients with treated versus untreated severe obstructive sleep apnoea.'

This year Canterbury DHB Clinical Physiologist Laura Ploen collected the same award for the presentation of her Master's work: 'Winds of change: Bronchodilator responsiveness from more than one direction.'

This is a prestigious award within the society and reflects well on the calibre of the laboratory within Australasia, Maureen says.

"Both Laura and Rachel and were awarded their Master's degrees with Distinction."

A further success for the laboratory is that two of its scientists, Canterbury DHB Clinical Respiratory Physiologists Sarah Jones and Carmen Brussee-Roelofs have recently passed the Certified Respiratory Function Scientist (CRFS) examination, which has an 80 percent pass mark.

This means that all scientific staff in the laboratory are now certified for performing complex respiratory function testing, Maureen says.



Scientific Director of the Respiratory Physiology Laboratory at Christchurch Hospital Maureen Swanney being presented with the title of Fellow of the Thoracic Society of Australia and New Zealand by the society's President Allan Glanville



Bird Healthcare representative Tim Boulton presents Canterbury DHB Respiratory Physiologist Laura Ploen with the New Investigator Award

New role of Transalpine Information Manager

Susan Wilford has been appointed to the new role of Transalpine Information Manager, reporting to Senior Corporate Solicitor Greg Brogden.

Susan was a Web Administrator in the Information Services Group (ISG) for 21 years, supporting staff in Sharepoint. She starts her new role today and says she welcomes the new challenge and is looking forward to continuing the relationships she has made over the years and making new contacts throughout the organisation.

It's an exciting new role that will help to unify and simplify the way we store, find and archive all types of information, Susan says.

"We are excited to have Susan in this role given her vast knowledge of Canterbury DHB and links to so many people in the organisation," Greg says.

Look out for future news from Susan about PRISM and the way it will light your path to Information Management.



Transalpine Information Manager Susan Wilford

Mission completed: Providing assistance for those in need of emergency food

Staff at Canterbury Health Laboratories (CHL) have been donating towards this year's New World Brown Paper Bag City Mission Food Appeal. This annual appeal aims to help people in need of emergency food. According to the City Mission's website, around 30 clients per day need food assistance.

Through their combined efforts, the CHL team has donated 20 bags worth of food and other goods – what a great effort! And given the City Mission saw an increase of nearly 40 percent in the demand for food parcels last month, it sounds like food donations are needed more than ever.

Toiletries, cleaning products, baby products, blankets, warm clothing and other non-perishable products are also welcomed.

Although the Brown Paper Bag Appeal has officially wrapped up for 2018, you can still make food donations throughout the year. There are bins marked with a Food Bank sign just after the checkouts of every local New World. Visit the [Christchurch City Mission's website](#) for more information about how to get involved.



New Mana Ake kaimahi welcomed

An official ceremony to welcome new kaimahi (staff) into the Mana Ake – Stronger for Tomorrow service was held at the Design Lab last week.

Canterbury DHB Executive Director of Māori and Pacific Health Hector Matthews opened the Mihi Whakatau (welcome speech) by extending a warm welcome.

"It's cold outside but we extend a warm welcome to all those new staff who will be joining us," he said.

Mana Ake – Stronger for Tomorrow was established in March 2018 to support the wellbeing of children in school years one to eight living with the legacy of earthquakes across Canterbury and Kaikōura. It is being collaboratively designed by health, education, police, non-government organisations and communities.

Chair of the Canterbury Clinical Network (CCN) and the Mana Ake service level alliance Sir John Hansen echoed the welcome and acknowledged the hard work that's gone into getting the service up and running so quickly.

"We were honoured and privileged to be approached by the DHB and ministers to deliver this programme," he said.

The wellbeing of children is a big issue and this project has been pulled together quickly through a lot of hard work and long hours from a lot of people. CCN was set up and empowered by Canterbury DHB nine years ago to provide leadership to the integration and transformation of the Canterbury health system.

"Our history of achieving results has been by ensuring people are at the centre of everything we do, and in this initiative we are putting the child at the centre.

"We're really privileged to welcome staff into the Mana Ake initiative as we enter the next phase."

The new 12.5 kaimahi (covering 12.5 full time equivalent roles) will go through the newly-designed induction before starting work in 23 schools across three clusters next term (23 July).

Mana Ake was first rolled out to schools in the Tamai (east Christchurch) and Uru Mānuka (Hornby) Kāhui Ako (Communities of Learning) on 30 April 2018. These schools, along with the Mana Ake kaimahi and the governance group, have been working together to develop an initiative which focuses on improving wellbeing through early intervention for children who are experiencing ongoing wellbeing concerns, such as anxiety or low mood.

Mana Ake kaimahi have a diverse range of skills and include social workers, whānau ora kaimahi, counsellors and teachers. They can support individual children and groups of children and provide information and workshops for parents.

To find out more about Mana Ake, visit ccn.health.nz.



New Mana Ake kaimahi were welcomed at a ceremony by existing workers and the Mana Ake – Stronger for Tomorrow Service Level Alliance members at a ceremony at the design lab. The group stands in front of the Mana Ake tree

Orthopaedic nurses attend study day

A recent study day brought together 122 orthopaedic nurses from across various organisations around Canterbury and the West Coast.

The annual orthopaedic nurses study day, held in the Rolleston Lecture Theatre, was attended by staff from Burwood Hospital, the West Coast, Leinster Medical Centre and Southern Cross Hospital, to name a few.

This year's theme was 'Trauma in the ageing population'

The study day was created by Nurse Educator Lisa Bee and Orthopaedic Consultant Khalid Mohammed over a decade ago.

Khalid presented the topic: "Shoulder Instability".

Lisa says she would like to thank the presenters, which included Anaesthetist Richard Seinge, Orthopaedic Surgeon Tom Sharpe, Fracture Liaison Clinical Nurse Specialist Lynda Te Momo, and Orthopaedic Surgeon Allen Cockfield and two Canterbury DHB pharmacists Holly Boyle and Tonya Sammon.

"The day is highly valued by staff and the attendees were so impressed with the presenters."



Orthopaedic Surgeon Tom Sharpe presenting at the study day



Orthopaedic Consultant Khalid Mohammed and Nurse Educator Orthopaedic Trauma Service Lisa Bee

Regular teen drinking leads to problems with alcohol and drug use in adulthood

Adolescents who drink weekly before age 17 are up to three times more likely as adults to binge drink, drink drive, be alcohol-dependent, and use other drugs than their non-drinking peers, new Australasian research shows.

Researchers from the University of Otago's Christchurch Health and Development Study played a key role in the study of 9000 young Australians and New Zealanders from age 13 to 30. They collaborated with researchers from the universities of New South Wales, Melbourne, and Queensland on the study. Results were recently published in the international journal *Addiction*.

The findings provide the most robust evidence to date on the causal relationship between adolescent drinking and other substance use and alcohol problems in adulthood. The study found frequency of drinking was as important as how much was drunk, in terms of the link to problems later in life.

Joe Boden of the University of Otago, Christchurch, is one of the study's authors. He says it provides robust evidence for policymakers, health promoters and parents.

The study found that frequent early drinking, as well as early binge and problem drinking, was a good predictor of future problems with alcohol. The frequency of drinking



Joe Boden

linked to later problems was drinking at least once a week. Those adolescents who drank at least once a week from age 13 were more than two times more likely than their peers to binge drink, drive while intoxicated, and have other problems related to alcohol once they became adults. The study also found:

- › Those who drank at least weekly before age 17 had rates of alcohol dependence in adulthood that were three times higher than those who did not drink before age 17.
- › Drinking at least weekly before age 17 also increased the risk of smoking cigarettes in adulthood by 60 percent.
- › Weekly drinkers prior to age 17 had rates of drink-driving in adulthood that were almost three times higher than those who did not drink before age 17.
- › Drinking at least weekly during adolescence also increased typical alcohol consumption during adulthood by approximately 80 percent compared with those who did not drink prior to age 17.

Joe says the findings suggest that delaying when teens start drinking regularly could have significant benefits to individuals, families and society as a whole. Public health messages should focus on curbing frequency of drinking as well as the amounts consumed, he said.

"The research highlights several areas for possible reform of alcohol laws and policies, in particular proposals to increase the minimum purchase age, and reducing the 'anytime anywhere' availability of alcohol in many parts of New Zealand."

First human scanned with next-generation scanner invented by Cantabrians

The first human has been scanned with a revolutionary new 3D colour medical scanner invented in New Zealand by father and son scientists from the Universities of Otago and Canterbury.

The MARS spectral x-ray scanner will revolutionise medical imaging globally – and as a result the diagnosis and treatment of diseases such as cancer and heart disease – because it provides far greater detail of the body's chemical components.

In the next few months, Christchurch orthopaedic and rheumatology patients will be scanned by the machine in a world-first clinical trial.

Father and son scientists Phil and Anthony Butler invented the MARS spectral x-ray scanner. Phil is a physicist and professor working at the University of Canterbury. His son Anthony is a radiologist and professor at both the Universities of Otago and Canterbury.

The Butlers adapted technology used by the European Organisation for Nuclear Research (CERN) in the hunt for the 'God particle' into a medical scanner.

The MARS CT scanner produces images with significantly improved diagnostic information. It measures the x-ray spectrum to produce colour images instead of black-and-white ones, and shows different components of body parts such as fat, water, calcium, and disease markers.

Small versions of the scanner that can house tissue samples are already in use in research institutions around the world. Phil was the first person to be scanned. His ankle and wrist were imaged.

The next step in development is an imminent clinical trial where orthopaedic and rheumatology patients from Christchurch will be scanned. This will allow the MARS team to compare the images produced by their scanner with the technology currently used in New Zealand hospitals.



From left, Scientists Anthony Butler and his father Phil Butler with their human-sized MARS scanner

The Butlers and their growing team of scientists have been supported over the past decade of developing the machine by the Universities of Otago and Canterbury; the Ministry of Business, Innovation and Employment; and GE Healthcare. MARS Bioimaging Ltd (MBI) has commercialised the product.

Anthony says after a decade in development it is really exciting to have reached a point where it's clear the technology could be used for routine patient care.

"X-ray spectral information allows health professionals to measure the different components of body parts such as fat, water, calcium, and disease markers. Traditional black-and-white x-rays only allow measurement of the density and shape of an object," Anthony says.

CERN's Medipix3 technology sets the machine apart diagnostically because its small pixels and accurate energy resolution mean it can take images no other imaging tool can.

One minute with... Mark Leggett, General Manager, South Island Alliance Programme Office

What does your job involve?

This is a continuous work in progress in reality – the South Island Alliance is an eclectic mix of collaboration, relationship building and facilitation. In this context I get to work on strategy, relationships, messaging, process, and project management to deliver the goals and objectives of the South Island DHBs. Or you could just remove the jargon and say that I sit in the middle of a fantastic team that organise and facilitate a range of projects and I therefore support and lead wherever it makes sense.



Why did you choose to work in this field?

I've been in operational health management for longer than I care to remember, so the opportunity to reconnect into the South Island health system and work in this broad strategic context was a real magnet to me. The notion of the collective, and not a single organisation focus in health, interests me.

What do you like about it?

It's highly varied in focus. The goals and objectives are delivering consistency, quality and better outcomes for the South Island population. It's largely a slow, incremental improvement process interspersed with moments of rapid progress, but that's the nature of it.

What are the challenging bits?

The distributed nature of the work – working regionally across the South, means that we need to be very clear about our communications and messaging, as well as supporting the people that give their valuable time to engage in the projects while needing to keep up with their "regular" work.

Who do you admire in a professional capacity at work and why?

Anyone that is willing to step outside their comfort zone, test boundaries and ask meaningful questions on behalf of the patient, families and whānau.

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?

It means that we all come to work as people, not robots, and that we bring credibility and authenticity to the roles we play in improving peoples' lives. In short, we're here to make things better, and to be accountable to ourselves and each other for how that pans out.

The last book I read was...

I am Pilgrim by Terry Hayes. Actually the first paper book I've read cover to cover in some time.

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

Paddling out into a perfect four to five foot right-hand reef surf break in clear, warm water on a tropical island somewhere.

My ultimate Sunday would involve...

Slow return to consciousness (from sleep – to be clear), lazy morning, long Italian lunch under vines leading into a relaxing evening. The family could join in, too.

One food I really like is...

Seafood – any style (except Scandinavian rollmops and that Chinese way of cooking river fish with as many bones left in as possible).

My favourite music is...

The one song I've played most (seeking to learn both the power chords and the lead, albeit unsuccessfully): *Sorrow* by Pink Floyd.

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

Venue: Rolleston Lecture Theatre

Speaker 1: Ellen Hatherell and Monica Lei – Kaimahi Hauora Maori, Christchurch Hospital
"Non Accidental Injury (NAI): A Whānau Experience"

A whānau narrative of their experience in Christchurch Hospital. An opportunity to practice reflection. Weaving kindness and cultural understanding into risk assessment situations.

Speaker 2: Brendan Marshall, SMO (Rural Hospital Specialist, West Coast DHB)
"Rural health: An international perspective"

Rural healthcare practitioners target the goal of "Health for All Rural People". But this is about more than the absence of disease or infirmity. Come and hear about the Delhi declaration – a manifesto for promoting rural health.

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
- > Pegasus, Room 1.02

All staff and students welcome.

Next is – Friday 27 July 2018

Rolleston Lecture Theatre

Convener: Dr R L Spearing

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

Bonnie Steetskamp: *Flu Fighter*

“ It’s about doing my bit to help stop the spread. ”

**Get your
 flu shot now!**

Canterbury
 District Health Board
Te Pōwhiri Hauora o Waitaha

West Coast District Health Board
Te Pōwhiri Hauora o Rohe o Tai Poutini



Like and share to win a Cuppacoffeecup!

You can be part of a disposable-free world too, thanks to a generous donation of Cuppacoffeecups to the Christchurch Hospital volunteers. Like and Share the [Christchurch Volunteers Facebook page](#) with a friend and go in to the draw to win one of eight of these gorgeous reusable cups.

Entries close Tuesday 31 July so start sharing!

8 out of 10 of us are concerned about plastic ending up in landfill and polluting the oceans ...
THAT'S WHY A MILLION+ PEOPLE WORLDWIDE ARE CHOOSING TO BE PART OF **PLASTIC FREE JULY**

Please join our effort to help the environment
Choose to refuse single-use plastic...

take the challenge at [plasticfreejuly.org](#)
choose to refuse
SINGLE-USE PLASTIC!

... bring your own reusable coffee cup

UP
CUPPACOFFEECUP

Sit down and take time to smell the coffee

Avoid landfill waste

Reduce your eco-footprint

Protect the ocean

WASTE AUTHORITY
W.A. TOO GOOD TO WASTE

EARTH CARERS

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](#)

Community Respiratory Nursing Service

Winter 2018

Integrated Respiratory Nursing Service (IRNS)

This specialist respiratory nursing service aims to reduce confusion about where and how to refer your complex respiratory patients needing further nursing assessment and advice. The specialist respiratory nurses from Cardio-Respiratory Integrated Specialist Services (CRISS), CCN's Community Respiratory Service and CanBreathe can see patients in their homes or in your general practice rooms.

If you have patients who you think might benefit from a specialist nursing intervention, please send a referral via ERMS and the triage centre will ensure the patient is seen by the right nursing service.

Data from a recent review of this service, established in 2017, showed promising outcomes for maintaining people in their communities and promoting self-care skills.



The CCN Community Respiratory Clinical Nurse Specialists
Karen Willsman, Clare Lawrence, Louise Weatherall, Teresa Kilkenny

Innovation in Practice

Kim Chapman, Selwyn Village Healthcare

Kim recently returned from parental leave and identified that the practice needed to have a plan to help manage their patients with COPD leading into winter 2018.

Working alongside the clinical lead GP at the practice and the Community Respiratory Nursing team, Kim ran Query Builds to identify the patients with COPD. Each patient was given a severity score, based on their CAT (COPD Assessment Test) score, FEV₁, and exacerbation risk to determine who was at high risk. Medtech classifications were also updated at this time.

All patients with COPD were offered a free appointment with the nursing team. At this appointment the nurses discussed, initiated and updated acute plans, advance care plans and personalised care plans. Extra effort was put into those patients who had been identified as high risk.

Referrals were made to Better Breathing Pulmonary Rehab, smoking cessation and other services. The GPs were also involved where prescriptions and medication reviews were indicated. The team also took the opportunity to update immunisations including Influenza.

It's still too early to see how successful they have been, but the feedback from patients has been really positive.

Great work, Kim!



Why use a self-management plan?

The use of a self-management plan, written with the patient, can give people the opportunity to better understand their condition and medication, voice any concerns about their disease and treatment, and improve adherence. In order to optimise benefit from the plan, the patient needs to feel ownership and know how to take action when required. These plans should help patients to feel more independent and confident to manage their condition.

Templates and links to plans can be found on HealthPathways.

There are other plans that may benefit the patient also, including an Acute Plan, Breathlessness Plan, Personalised Care Plan and Advance Care Plan. Check out HealthPathways for more information.

Useful Facts

Hand held fans

The recently published *Respiratory Research Review* has some interesting topical content including a mixed method study on the use of hand-held fans to manage symptoms of breathlessness (Reference: *Eur Respir J* 2017;50:1700262).



This study highlighted the benefits of a simple hand-held fan to relieve breathlessness. The qualitative part of the study is particularly rich with patient stories about their strategies and their bewilderment that they had not been offered this strategy earlier.

Bottom line: Overall a fan was considered to be beneficial by more than 80% of patients.

Have a look and take up the opportunity for a free subscription www.researchreview.co.nz

Travelling with a lung condition

Another useful resource if you have a lung condition, use oxygen, or plan to fly somewhere, is www.europeanlung.org/air travel.

For more information and details of airline policies our local experts are the CRISS team.

Just one more inhaler workshop for the year!

Following three successful inhaler workshops, there will be a final multi-disciplinary workshop for Primary Care Health Professionals on:

Thursday August 30th 6 - 7:30pm at Pegasus House

We have limited spaces available at this workshop but we can register your interest for 2019 workshops.

Winter wishes from the CCN Respiratory team

Karen, Clare, Louise and Teresa

Find us on **Facebook** @ Canterbury Better Breathing

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



When a Baby Dies...



Perinatal Loss Workshop

Friday 7 December 2018

8.15 - 4.30

CWH, Level 3 Seminar Room

**How can health professionals make a
difference?**

Multi Disciplinary Team Speakers:

Midwives, Nurses, Obstetrician, Maori Health Worker, Perinatal Pathologist, PMMRC, Crematorium Staff, Social Worker, Chaplain and SANDS representative.

Coordinator of the day Di Leishman - Ext 85631

Midwifery Council - 8 Hours Continued Education

Comments from previous workshop:

"Fantastic and informative day. Well worth it."

"Loads of learning and positive stuff"



Booking info:

Please book via the **HealthLearn** website: www.healthlearn.ac.nz or email education.mat@cdhb.health.nz or phone 364 4730 (internal extension 85730)

CDHB staff please submit a course conference form to your line manager at least 28 days prior to the course if you are requesting paid education leave

SPIRITUAL HEALTH

Medical professionals and partners are warmly invited to an evening of discussion and music, prayer and reflection, with a shared meal.

Sunday 5 August
5.00pm meeting, 6.30pm dinner

Venue: Cashmere Presbyterian Church,
cnr Dyers Pass Rd & Macmillan Ave, Christchurch.

Topic: The importance of spirituality in self-care;
a response to recent changes to the Oath
of the World Medical Association.

Speakers: **Graham MacDonald**
Les Snape
Sandra Wright-Taylor

Musicians: **Jeremy Baker,**
David Troughton

Organisers: David Troughton,
Ruth Spearing, Silvia Purdie



No charge. Please bring a plate of food to share.

For more information
call David: 021 231 0471
or email: davidtroughton35@gmail.com

CASHMERE  PRESBYTERIAN
CHURCH