



# HEALTHBEAT

NEWS FOR CANTERBURY DISTRICT HEALTH BOARD STAFF & COMMUNITY PROVIDERS

## Quicker steps to treatment

Page 5



ED  
new and  
improved!

Page 7



England comes  
to Burwood

Page 10



Win! win! win!  
Three  
competitions in  
this issue

# Comment from the Chief Executive



**A**dvertising has started for a new CDHB Chief Executive, as my three year appointment expires in mid-November 2008. The Board has offered to extend my contract but after discussing it with my family, we believe I should continue with some health interests, but not full-time. There is however, much the Board wants to see progressed during my remaining time as Chief Executive:

• More movement to a full

health system that uses resources wisely

- Increased clinical engagement in planning and management
- Planning ahead – succession planning, service design and a master site plan.

This work will be vital in preparing us for the coming:

- Tide of chronic and long-term disease
- Changes in demographics- more older people with a smaller and aging workforce
- International competition for our health workforce
- The possibility that Canterbury could be the major tertiary service in the South Island and perhaps the lower North Island.

Let's prepare our services for these challenges and make a good start for the incoming Chief Executive.

Kind regards,

Gordon Davies  
CEO  
Canterbury District Health Board

**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha

HealthBeat is published monthly and produced a month in advance by the CDHB Communications Team.  
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## Our unsung heroes

### Dave McKay

Dave and his team arranged internet access for a young person with a chronic condition. The young man's family and friends live out of town and he had been unable to see them between his last two admissions. The access was really appreciated- thanks Dave!

### Murray Caird

Murray is the Orderly Coordinator at The Princess Margaret Hospital. He is so friendly and personable and he always has a smile for everyone. It is so nice to start or end the day with a friendly comment from Murray.

### Kathryn Brown

Kath is receptionist at the Youth Day Programme. She is the lynchpin of the team and has for many years provided an exceptional, personalised service both at YDP and more recently to other services such as CAFLINK and the Youth Inpatient Unit. Kath is warm, friendly and entirely professional. She consistently exceeds workplace expectations and is a wonderful team member who is supportive and caring. From all your work mates, Kath, you're a star!

## Health Minister's expectations for services

The Hon David Cunliffe has contacted all DHBs following the 2008 budget increase of \$750M into the Health and Disability Support Sector.

He has expressed his belief that the majority of areas perform very well; with a dedicated work force and a health model that values local representation and local decision making. He has provided an outline of where all DHBs should be focussed in the next year.

Here are some of his key points...

- An emphasis on preventative and primary care needs to continue
- A greater focus on collaboration across all levels and areas
- Safety and quality should be top of the agenda
- A unified approach to industrial relations

An enhanced role for the Ministry of Health will help drive performance improvement and provide a strong centre of leadership.

# CDHB flu vaccinations increase



Kaiapoi Medical Centre Practice Nurse Sally Henderson received her vaccination this year.

The CDHB 2008 Influenza Report shows 51 per cent of staff received their immunisation this year.

This is a 26 per cent increase on last year. CEO Gordon Davies says he was very pleased to hear this result.

“Thank you to everyone who made the effort to protect yourselves and your patients. And a special thank you to everyone who helped deliver the 2008 campaign,” he says.

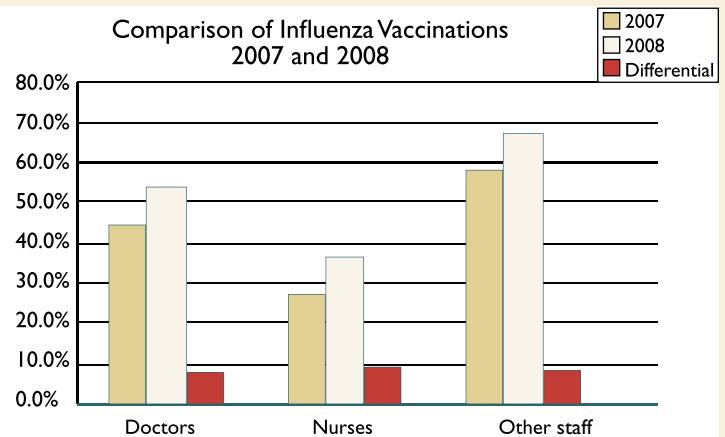
Occupational Health Coordinator Stella Howard, who oversaw the 2008 campaign says an immense amount of energy was spent on increasing the uptake of the vaccination.

“Some of the activities included; increased education on the importance of influenza vaccinations, free vaccinations for CPIT student nurses, posters, information seminars, vaccination clinics, mobile vaccination clinics and the training of 22 additional nurses who vaccinated staff in their work areas.”

CDHB Chief Medical Officer Nigel Millar, one of the staunchest advocates for annual staff vaccinations, thanks staff who took the time to receive their free vaccination. “By getting sick with influenza we run the risk of killing our patients. The myths about the harm of the vaccination

are themselves deadly,” he said. “My advice to all health professionals is to take the time to be vaccinated – it is just a fraction of the time taken if you get sick with the ‘flu.’”

The following tables show we can still improve next year; especially nurses, who have the most day-today contact with patients.



Work Sector	Total Vaccinations
Allied Health	800
Clinical patient contact	445
Doctor	466
Midwife	53
Non-clinical patient contact	386
Non-patient contact	643
Nurse	1440
<b>Total</b>	<b>4233</b>

## Be prepared for bad weather

During winter, the possibility of bad weather and interruptions to health services increases.

The Canterbury Emergency Coordination Centre and local authority emergency management offices monitor and respond to emergencies related to weather events.

Canterbury Emergency Management Planner Jon Mitchell says it is impossible to forecast snow with 100 per cent certainty; however people can still be prepared.

“Now is a good time to stock up on batteries, food, water for at least three days or more, and if you have a gas barbecue, ensure the bottle is full, he says. Check where candles and torches are kept, so if the electricity is out, these items are easy to find.”

If conditions are severe and roads are closed to traffic, please contact your respective ward or department. Managers and supervisors will assess whether it is essential for key staff to be at work or whether other arrangements

can be made.

Duty management at all hospitals can contact volunteer four-wheel-drive organisations that may be able to assist with staff transport from some locations. This is a limited resource, so please treat drivers with dignity and respect.

The CDHB Adverse Weather Plan advises:

- Plan in advance how you will get to work if adverse weather is forecast.
- If you drive to work, check your vehicle owner’s manual for advice on how to drive in adverse conditions. It may take longer to get to work and extra caution may be required.

Information on current road conditions is broadcast on the radio and posted on the Automobile Association’s website [www.aa.co.nz](http://www.aa.co.nz) or visit [www.getthru.govt.nz](http://www.getthru.govt.nz) for more information.

# Illness prevention key- new Board member



Two years ago, Elizabeth Cunningham walked the New York Marathon – now her newest challenge is CDHB Board member, appointed by Minister of Health David Cunliffe.

Elizabeth is a research manager (Maori) at the University of Otago, Christchurch School of Medicine. She says she was delighted to be appointed to the Board and aims to encourage better access to health services for

all Canterbury people. She will also work to ensure the CDHB's strategic health priorities "are always to the forefront".

The CDHB's strategic health priorities are child and youth health; older person's health; Maori health, primary health and disease prevention and management.

"Having walked the New York Marathon with six other Maori women two years ago at the age of 59, I believe in the research which shows older adults who are physically

active are at less risk of developing chronic illnesses such as diabetes and cardiovascular disease. I think it is important that we promote strategies such as cervical screening; immunisation; warm and affordable housing; detection of the early signs of mental health deterioration and education to prevent illness," she says.

Elizabeth, who is of Ngai Tahu and Ngati Mutunga descent, says the aim of her current role as research manager (Maori) at the University of Otago, Christchurch, is to manage and develop strategies to ensure university researchers' work responds to the needs and aspirations of Maori.

She has worked at all levels of the health sector, including as a health professional; a service manager and as an advisor to Ministers of Health on Maori health issues. She is also a longstanding member of the Maori Women's Welfare League and her twin sister Linda Grennell is national president of the league.

"I have specialised in strategy, business and organisational development, change management and the development and implementation of strategies to meet the needs of tangata whenua (indigenous peoples). This has given me an understanding of the processes necessary to develop policies for the public sector," she says.

Elizabeth is one of 11 board members, all of whom are elected or appointed by the Minister of Health to serve terms of up to three years. Board members are accountable to the Minister, through the chairperson of the board, for the performance of the CDHB.

## Improvements to Older Person's Health Service

Improvements to the CDHB's Older Persons Health Service (OPHS) mean it will be able to better meet the on-going needs of older people in Canterbury.

Previously the Service had a number of teams within community services, which were all accessed differently. Obtaining services and the co-ordination of care for people were made more complicated by this.

To simplify and speed up access to community services, OPHS has been re-organised into 'inter-disciplinary' teams of health professionals, working together to assess, treat and rehabilitate referred patients.

People needing a health assessment are first seen by a clinical assessor who can then take a comprehensive evaluation of a person's needs, back to the team of health professionals.

Then it is determined what support is needed in order to help people remain in their own homes, rather than going to rest home or hospital care.

Older Person's Health Operations Manager Diana Warren says the new CARE (Coordinates, Assess, Rehabilitates the Elderly) model streamlines the way community services are accessed and delivered to patients.

"General Practitioners will also be able to refer a patient to the service much more quickly and easily, through a 'single point of entry' referral process.

Each patient will have their own 'case manager' who has accountability for their care within the team approach, while maintaining strong links with General Practice" she says.

**General Practitioners can refer a patient to the service much more quickly and easily by contacting:**

**Older Persons Health Service Community Service Teams**

**Phone: (03) 337 7765 Fax: (03) 337 7720**

**Older Persons Health Service Psychiatric Services for the Elderly**

**Phone: (03) 337 7997 Fax: (03) 337 7998**

# Clinic enables quicker steps to treatment



Combined Foot Clinic Team- from back; Marilyn Cullens, Paul Chin, Helen Lunt and David Lewis, front; Elna Ellis, Karyn Ballance and Marianne Wilson.

A multi-disciplinary group, based at the Diabetes Centre, is a 'one-stop-shop' for patients presenting with diabetes related leg and foot problems, which are too serious to be looked after by community podiatrists.

The Combined Foot Clinic, which has been running successfully for two years, means patients who would otherwise have had up to five separate appointments, can attend just one 90 minute clinic.

Specialist Vascular Surgeon David Lewis says the clinics assist patients where community services can no longer provide all the treatment options.

"We're aiming to ***"We saw a need and we wanted to do something about it,"*** reduce the risk of amputation. If a diabetic foot clinic operates effectively this is probably achievable," he says.

The team includes Podiatrist Karyn Ballance, Vascular Consultant David Lewis, Diabetes Consultant Helen Lunt, Senior Diabetes Registrar Paul Chin (previously Elna Ellis), Dietitian Marilyn Cullens, Diabetes Nurse Specialists Lupe Siliva Tuulua and Marianne Wilson.

The concept of a dedicated clinic was initiated and realised by the group.

"We saw a need and we wanted to do something about it," says Karyn.

She says the clinics, which run fortnightly on a Friday, have made a huge difference to patients.

"We still admit a person if they are unwell, but having a Vascular Surgeon and the other combined team available here makes a big difference. It means instead of having a

series of appointments patients can come here. It takes a few hours sometimes, so we sometimes suggest they bring some lunch... just in case!"

Up to eight high-risk patients attend each clinic, presenting with diabetes related illnesses such as Vascular Disease and lower limb complications.

Diabetes Consultant Helen Lunt says the planned and managed approach of the clinics has helped prevent hospital admissions.

"It's been excellent because not only are we using an inter-disciplinary approach, it's also a 'cross-disciplinary' approach

because we are able to utilise each other's contacts and connections. We've got that collegiality working across departments and we believe we've postponed and sometimes even prevented some hospital admissions and the costs associated with them," she says.

Benefits of the Combined Foot Clinic include:

- Significant time savings for patients and staff
- Stream-lined patient care reducing referrals to Christchurch Hospital's Vascular Department
- Improved communication between departments
- A team approach to patient care.

People with diabetes may have impaired circulation and/or decreased sensation at the ends of their limbs, which can make them more prone to leg and foot infections. These wounds also take longer to heal. Diabetes is the most common cause of adult amputation, usually of toes and or feet, in the developed world.

# Introducing your CDHB Communications Team



*The Communications Team: From back left, Natasha Capon, Fiona Bryce, Rachel Solotti, front, Michele Hider.*

**T**he Communications Team promotes the good work you do at the CDHB. That is good news! So what else do they do and who are they?

The Communications Team is; Michele Hider, Communications Manager; Rachel Solotti, External Communications officer; Fiona Bryce, Internal Communications officer; and Natasha Capon, Communications Team administrator. Michele, Rachel and Fiona have all worked as journalists and have been trained in public relations. Natasha trained in communications and can write a media release as easily as she can whip up a web page.

If you have an issue - big or small - that you want to communicate within the DHB or to the public, contact the team.

- For major events or media issues: Michele x62103, 0275 314 796
- For HealthBeat or an internal communications request: Fiona x66843
- To have a story included in CDHB's community publication Healthfirst or newspaper columns: Rachel x62122
- For general inquiries: Natasha x62124.

The team is always looking for positive news stories to promote the good work you do.

To provide health information to Canterbury people and promote the work being done by CDHB, the

Communications Team develops:

- Weekly columns for the Star Community Newspapers,
- Fortnightly columns for The Star and The Press,
- A monthly column for Ngai Tahu's publication, Te Panui Runaka
- Regular media releases
- Media schedules and advertising
- Media coverage
- Healthfirst and HealthBeat magazines
- Communications plans
- And assists with crisis communications and compiling the weekly CEO email update.

The team is supported by Medical Illustration and the CDHB's Healthy Eating Healthy Action (HEHA) Communications Officer.

It also implements communication plans to assist projects within the organisation such as the launch of the Mental Health Single Point of Entry; the influenza vaccination campaign for staff and the public and the annual winter warmth project involving CDHB, Community Energy Action and Age Concern.

**For all media calls:**

**As a general rule, Michele says she appreciates a call so she knows what is happening and can offer assistance with any additional information you might need.**

# ED done and dusted!



The \$4.84M upgrade of Christchurch Hospital's Emergency Department is complete!

The refurbished and extended ED officially opened last month. The staged project, which began last year, has increased the ED by a third and the number of beds from 39 to 55.

Christchurch Hospital General Manager Mark Leggett thanked patients, staff and contractors for their co-operation and goodwill during the upgrade. He says he is delighted the project has been completed ahead of time and within budget.

"It's been extraordinary to see the changes that have occurred to the ED space and the way staff are working within it."

Clinical Director Dr Angela Pitchford says the refurbishment had "exceeded staff expectations". "We didn't have much space to work with so the architect's (Darryl Haines of Ian Krause Architects) ingenious design has ensured a much better flow for patients."

Emergency Department Physician Dr Mike Ardagh says the new, enlarged space was already allowing staff to work more efficiently and effectively.

Board Chairman Alister James says the upgrade will improve the service offered to Canterbury people. "Patient safety is paramount and it's my expectation that these improvements to the department will greatly improve the experiences of patients and their families."

The ED extensions are part of Project RED (Rejuvenating the Emergency Department), which aims to improve patient care and flow through the ED.

## New info folder for NZ children with cancer

The Paediatric Oncology Steering Group (POSG), a national body of health professionals, consumers and nurses, has produced a folder full of information for parents of children diagnosed with cancer.

Despite geographical and schedule challenges, nurse representatives from; Auckland, Wellington and Christchurch, as well as shared care centres collaborated, refined the content and finally produced a folder of nationally consistent information for children and families, following 18 months of hard work.

Children's Haematology and Oncology Charge Nurse Jan Millar says the folder will help to empower families and their children with knowledge, rather than feel controlled by the disease. It will also be helpful if families move around



the country, she says.

"Consultation was wide- Allied health, consumers, the Child Cancer Foundation, a Maori advisor and medical specialities were included. We discovered there were slight differences in the information we routinely gave out, so by using evidence based practice, we achieved a consensus."

The folder is contained in a ring binder and is in chapter format. Families are given chapters as required, so they do not feel overwhelmed by information while facing their child's life-threatening disease.

The folder was endorsed by POSG who funded the editing process. Plans are

underway for translation into more languages.

For more information, contact Jan Millar ext 81824.

# CHCH Hospital After-Hours Project— what's happening?

A Friday evening and weekend trial continues the phased approach to coordination of after-hours activity at Christchurch Hospital.

Stage one of the After-Hours project involved the appointment of senior staff members in the role of Night Team Coordinator (NTC) to coordinate the generic clinical workload of the medical staff during the night shift, in collaboration with medical staff.

NTC Roxanne McKerras says her role helps prioritise and spread the workload, offers support to house officers as well as general clinical assistance, guidance and support, so patient's needs are met in a timely manner.

Following a successful evaluation of stage one, Nursing Project Coordinator Wendy Botfield says the next step of the After-Hours project is establishing coordination and facilitation of clinical tasks, for medical services on Friday evening and weekend shifts, for a six month trial.

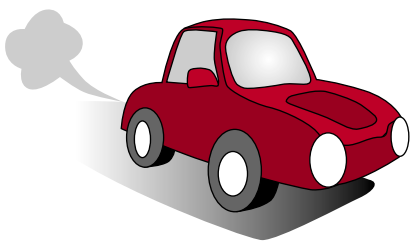
"This will involve, coordination, handover and improved teamwork for the weekend shifts", Wendy says.

After-Hours Project Manager Yvonne Williams says feedback from Medical staff indicates the new system is noticeably beneficial.

"They appreciate having less beep interruptions as well as having opportunities to be supported by, or to offer support to colleagues. Many nurses are also impressed by having patients' needs met in a timelier manner."

"We've only had two weekends so far, but already the feedback has been enormously positive," Roxanne says. Yvonne adds the intention is to extend these benefits to Friday afternoon and weekend shifts.

To reflect the extension of the NTC role for these additional shifts, the name of this position is to be changed to the Clinical Team Coordinator (CTC). The trial started on Friday 11 July 2008 and will run for six months.



## Travel Plans aim to cut staff fuel costs and reduce traffic congestion

Does it hurt to turn the key in the ignition?

Consultants from Beca Transportation Engineering are working with The Princess Margaret Hospital and Community and Public Health, in collaboration with Environment Canterbury and the Christchurch City Council, to develop pilot Travel Plans for staff.

Meg Christie, Health Promoter, Active Environments, Community and Public Health says the aim is to promote travel choice and reduce reliance on private vehicles.

"Don't worry, we won't be forcing you on your bikes. This project is about promoting economical, active and more environmentally friendly travel choices. Soon we will be able to look at initiatives such as car pooling and pilot shuttle buses for staff."

"If everyone changes the way they travel just one day a week - that will have a huge positive impact of 20 per cent change; which is enough to decongest our roads," says Meg.

Chief Medical Officer Nigel Millar says a travel plan will also make it easier for staff to increase activity levels and improve wellbeing.

The initial consultation and data collection stages of the Travel Plan are complete. Factors such as current staff

travel patterns and the barriers limiting travel choices were collected and analysed.

"Next step, the Travel Plan team is aiming to provide practical, sensible and do-able options in September, so staff will have more choice on how they travel," says Meg.

Benefits of the Travel Plan include:

- Lower petrol costs
- More opportunity for exercise
- Improved wellbeing
- More sustainable travel
- Reduced traffic congestion and accidents
- Less stressful commuting
- Reduced air pollution
- More convenient parking for all.

The Travel Plan pilot projects are funded by the CCC through the HEAL (Healthy Eating Active Living) Project, with a view to roll out wider. For feedback and more information please email [meg.christie@cdhb.govt.nz](mailto:meg.christie@cdhb.govt.nz) or call ext 82817.

## Strength + balance = confidence



Volunteer Dorothy Kitchingman and Mary Jenkinson show their balancing skills.

When Mary Jenkinson fractured her pelvis and some vertebrae after having a bad fall, Stay On Your Feet (SOYF); a Falls Prevention Programme available in Canterbury, helped her to regain strength and confidence. The New Brighton woman found the

programme so helpful she even showed some of the exercises to her relatives – one of whom was waiting for a hip replacement.

fallen. Trained volunteers visit a client in their own home, five times over a six-month period, to teach exercises designed to improve muscle strength and balance. Follow-up telephone support is also provided by the volunteer between visits, to help motivate the participant.

Dorothy Kitchingman, who helped Mary through the programme and is one of its longest serving volunteers, says when she first meets a client it is important to talk to them about what they want out of the programme and to assess their mobility.

“Initially, I need to know what that person can do, what their expectations are and what their fears are. The relationship I have with the client is more like a friendship. Most people are very keen to take part in the programme because they want to stay in their own homes for as long as possible and to remain independent,” she says. Dorothy says she has noticed a huge difference in clients’ mobility, many of whom attribute the SOYF programme to changing their lives. “One of my clients now walks every day. Before she was on the programme she never went out so it’s made a big difference to her life.”

programme so helpful she even showed some of the exercises to her relatives – one of whom was waiting for a hip replacement.

“The programme definitely helped me to get my balance back because I was really worried about walking again. It gave me more confidence,” Mary says.

The six-month SOYF programme is run by Community and Public Health; a division of the CDHB. It is part of the ‘Falls Prevention Programmes in Canterbury’- a CDHB and Accident Compensation Corporation (ACC) collaboration.

SOYF is for people 65 years and over (or 55 years for Maori and Pacific people) who are at risk of falling or have

**If your patient could benefit from one of the Falls Prevention Programmes in Canterbury, please download the updated referral forms.**

**Visit [www.cph.co.nz](http://www.cph.co.nz) and click on ‘elderly falls prevention’ on the right hand side or access the forms via the CDHB intranet homepage link.**

**Visit [www.acc.co.nz/injury-prevention/home-safety/older-adults/index.htm](http://www.acc.co.nz/injury-prevention/home-safety/older-adults/index.htm) for information on Tai Chi and the Otago Exercise Programme.**

## Calling mountain men and women!

Mountain Safety Canterbury (MSC) has released its 2008 Alpine Courses.

They include ‘Introductory Alpine and Avalanche Awareness’, ‘Alpine Intro’, ‘Alpine Basics’, ‘Alpine and Crevasse Rescue’, ‘Introduction to NZ Climbing Conditions’, ‘Avalanche Awareness Course’ and ‘Four Day Back Country Avalanche Course’. Course numbers are strictly limited and are often booked out six weeks prior.

Please email [canterbury@mountainsafety.org.nz](mailto:canterbury@mountainsafety.org.nz), visit [www.mountainsafety.org.nz](http://www.mountainsafety.org.nz)

or phone (03) 313 0507 for more information.

The Mountain Safety Council was set up to provide Outdoor Safety information and courses to New Zealanders and to get as many people in the outdoors as possible, while keeping them safe.



**This is ‘Emily’ a CDHB staff member abseiling down an unknown mountain. The first person to identify Emily and make her known to us will win a Channel X free movie or game hire during August! Please email [fiona.bryce@cdhb.govt.nz](mailto:fiona.bryce@cdhb.govt.nz) call 3377 843 or ext 66843.**

# Comings and goings...

## > Colin Bell

Colin is retiring from the CDHB after 42 years. Colin has worked in a variety of roles in Mental Health over the years. He has worked across all three forensic inpatient units; his most recent role being Staff Nurse at the forensic rehabilitation unit Te Whare Mauri Ora, Hillmorton Hospital.

## > Vivien Daley

Vivien is the new CDHB Smokefree Manager. This new position will build upon our strong history of tobacco control and smoking cessation in primary care, secondary care referral and smokefree environments. Smoking remains the leading single largest cause of mortality with approximately 500 Cantabrians dying each year of smoking-related causes.

## > Nigel Loughton

Nigel has resigned as Clinical Manager Child Adolescent and Family Youth Specialty Service and will start a new role at Odyssey House.

## > Jo Dowell

Jo has been appointed the new Child Adolescent and Family Clinical Manager at Youth Specialty Service.

## > Helen Johnson

Helen is the new Christchurch Primary Health Organisation (CPHO) General Manager. Helen has national and international experience in health, trade, manufacturing, international marketing and horticulture.

## > Barbara Loomes

Barbara has been appointed Child Adolescent and Family Youth Inpatient Unit Charge Nurse Manager, replacing Jo Dowell. Barbara comes with Charge Nurse Manager experience from Timaru.

## > Craig Shaw

Craig will be leaving the CDHB, as General Manager Human Resources, to return to the Gold Coast with his family. Craig has greatly enhanced the HR role and established a capable team of people who continue to provide a great service to the CDHB.

## Win!!! September school holidays are coming...

School holidays are on their way and we want to hear about your favourite activities! Tell us your best holiday ideas for kids plus contact details and you could win! We have one family pass (2 adults, 3 children) to Science Alive and two single passes to Adrenalin Forest Highwire Park. That's three chances to win!!! Email [fiona.bryce@cdhb.govt.nz](mailto:fiona.bryce@cdhb.govt.nz) post Communications Team, Level 2, The Princess Margaret Hospital PO Box 1600 CHCH 8140 or internal mail Communications Team, Level 2, The Princess Margaret Hospital.



The Kiwanis recently donated MediKin dolls to Christchurch Hospital's Playroom, which help to explain medical procedures to children. Pictured here are Andy Wilson and Libby Newcombe with her granddaughter Rosie who was in hospital last year.

The Older Person's Health Service celebrated the launch of its new Model of CARE last month (see page six). Pictured here are Service Manager Lynda Irvine, Project Facilitator Gill



Coe, Operations Manager Diana Warren, Service Manager Janice Lavelle and Clinical Director Jeff Kirwan.

## England Players visit Burwood

Last month, patients and staff at Burwood Hospital's Spinal Unit enjoyed a special visit from England rugby players.



# What's up...

## August

### Save our sight month

- 1-7 World Breastfeeding Week- world record attempt of the most women breastfeeding, 10am, Friday 1 August
- 4-10 Cystic Fibrosis Appeal Week
- University of Otago, Christchurch - Mid-Winter dialogues 2008- Rolleston Lecture Theatre
- 8 *New Zealand's Health System, a system or collection of 21* - Mr Stephen McKernan, Director General of Health 12.30-1.30pm
- 15 *Mahi Tahi – Maori Health is every health worker's business* - Associate Professor Papaarangi Reid, Tumuaki/Deputy Dean Maori, Te Kupenga Hauora Maori, University of Auckland, 12.30-1.30pm
- 9 International Day of the World's Indigenous People
- 12 International Youth Day
- 22 Midwifery Council Annual Forum; Christchurch Netball Centre, Hagley Ave email [rebecca@midwiferycouncil.org.nz](mailto:rebecca@midwiferycouncil.org.nz) or (04) 499 5040 for catering purposes.
- 21-22 Building Tomorrow's Health Services- two day think-tank on the future of New Zealand's health system [www.cmdhb.org.nz](http://www.cmdhb.org.nz)
- 28 to 29 NZ Association of Clinical Research Conference [www.nzacres.org.nz](http://www.nzacres.org.nz)
- 29 Daffodil Day
- Until 28 New Zealand Nurses Organisation Centennial Celebrations  
Love and Duty: Celebrating 100 years of the

Trained Nurses Association in Canterbury-  
Canterbury Museum

- 28 Centennial Closing Afternoon Tea and Flora Cameron Award, 1:30 – 4pm, Nurses Chapel Christchurch Hospital.

## September

### Cervical Screening Awareness Month [www.nsu.govt.nz](http://www.nsu.govt.nz)

- 1-3 Sixth Australasian Conference on Safety and Quality in Health Care *bold aims bold outcomes* [www.aaqhc.org.au](http://www.aaqhc.org.au)
- 1-5 Multiple Sclerosis Awareness Week [www.msaki.org.nz](http://www.msaki.org.nz)
- 1-7 Safety New Zealand Week safety begins at home [www.safetynzweek.co.nz](http://www.safetynzweek.co.nz)
- 1-7 Contenance Awareness Week [www.contenance.org.nz](http://www.contenance.org.nz)
- 1-7 Epilepsy NZ Awareness Week [www.epilepsy.org.nz](http://www.epilepsy.org.nz)
- 8-14 Stroke Foundation Awareness and Appeal Week [www.stroke.org.nz](http://www.stroke.org.nz)
- 15 World Lymphoma Day [www.lymphomacoalition.org](http://www.lymphomacoalition.org)
- 19 International Talk Like a Pirate Day [www.talklikeapirate.com](http://www.talklikeapirate.com)
- 19 Deaf Awareness Day *Loud Shirt Day* [www.hearinghouse.co.nz](http://www.hearinghouse.co.nz)
- 21 World Alzheimer's Day [www.alzheimers.org.nz](http://www.alzheimers.org.nz)
- 26 End of school term three
- 22-28 Deaf Awareness Week [www.nfd.org.nz](http://www.nfd.org.nz)
- 23-29 UNICEF Awareness Week [www.unicef.org.nz](http://www.unicef.org.nz)
- 26-3 October Arthritis Foundation Annual Street Appeal [www.arthritis.org.nz](http://www.arthritis.org.nz)

## Attention nurses!

The CDHB will be hosting the second National Professional Development and Recognition Programme Conference in Christchurch, 23-24 October 2008.

This year's theme is 'Moving from collection to reflection... making a difference to quality patient outcomes'.

Featuring five dynamic speakers; Jocalyn Lawler, Marie Heartfield, Robin Youngson, Brian Dolan and Philippa Seaton, the conference will focus on the many ways evidence of competence and level of practice can be demonstrated in today's increasingly complex and dynamic professional environment.

It will also focus on research, evidence-based practice and other influences on patient outcomes that have come of nurses participating in PDRP.

If you are a registered and enrolled nurse or nurse assistant, an assessor, key resource staff member, Nurse Educator, Nurse Coordinator, Clinical Nurse Specialist or in a senior nursing position- come along and be inspired. Please log onto [www.pdrp.ac.nz](http://www.pdrp.ac.nz) for more information and to register.

Professional Development and Recognition Programmes (PDRP) provide the opportunity for nurses to obtain professional recognition of their practice through the assessment of supportive evidence. The deadline for early registration and submission of abstracts has been extended to 30 July 2008. The PDRP National Conference is a joint venture between the CDHB, St Georges Hospital, Nurse Maude Association, South Canterbury and Southland DHBs.

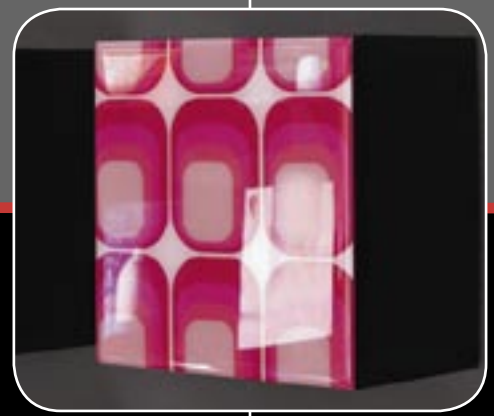
# Win!

Win!

Complete this survey below by 10 September, 2008 and you will go in the draw to win two picture cubes, courtesy of Image Vault.

Styled by New Zealand artists and designers and finished by hand at Image Vault's Christchurch studio, these cubes glow with colour and life. Create a funky wall sculpture or stack them for an eye-catching table top display.

[www.imagevault.co.nz](http://www.imagevault.co.nz)



1. Have you heard of HEAL (Healthy Eating Active Living)?  Yes  No
2. How often do you use the HEAL website?
  - a.  Weekly
  - b.  Monthly
  - c.  A few times a year
  - d.  Never
3. What specific information would you like to see on a website dedicated to staff around health and wellbeing? *(Cross as many boxes as you like)*

### Nutrition

- Ask the expert
- Healthy recipes
- Weekly meal planner
- Veggie gardening tips
- Tips for feeding kids
- Supermarket shopping guide
- Forum/staff ideas

### Diet / Wellbeing

- Weight management tools
- Weight tracking
- Motivational tools
- Ask the expert
- BMI calculator
- Mental wellbeing advice
- Active transport ideas

### Physical Activity

- Exercise tracking sheets
- Training plans
- Information on events
- Info on facilities/classes
- Ask the expert
- Lunchtime exercise ideas

Please return to:  
*(tick appropriate address)*

Internal mail:  
Communications Team  
Level 2  
The Princess Margaret Hospital

Free post Authority Number 91481  
Communications Team,  
Level 2,  
The Princess Margaret Hospital  
PO Box 1600  
CHCH 8140