



# HEALTHBEAT

NEWS FOR CANTERBURY DISTRICT HEALTH BOARD STAFF & COMMUNITY PROVIDERS

## Homeshare changes lives



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# Comment from the Chief Executive



Firstly I would like to encourage and thank you for your support in advising people to have their 'flu vaccination. It will certainly help to reduce the pressure on all health services this winter. Your support in increasing awareness of local and national health campaigns helps to improve community health and wellbeing. Another health campaign underway at the moment is the '1-2-3 Where should I be?' promotion, helping Canterbury people

to better understand their healthcare options.

The campaign is a response to a review of emergency and after hour services, which identified a need to educate members of the public on how to choose the right health service.

The brightly-coloured campaign asks the question '1-2-3, Where should I be?' alongside messages such as 'Save the Emergency Department for emergencies only' on billboards, bus shelters, bus

backs, cinema and mall washrooms, as well as print and radio advertising.

The 1-2-3 device (pictured) translates to:

- |     |  |
|-----|--|
| 1 = | General Practice for general health advice and treatment, as well as urgent care |
| 2 = | After Hours services for care outside normal GP hours                            |
| 3 = | Emergency Department when urgent hospital care is required.                      |

Your support in helping people understand the best place to be for health care also plays an important part in the campaign. Thank you for your efforts.

Gordon Davies  
CEO  
Canterbury District Health Board

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

## Safe Staffing Healthy Workplaces Unit

The Ministry of Health is providing funding to establish the Safe Staffing Healthy Workplaces Unit (SSHWU) to facilitate and coordinate the distribution of recommendations detailed in the 2006 report of Safe Staffing Healthy Workplaces Committee of Inquiry. The SSHWU will work closely with District Health Board New Zealand (DHBNZ) and New Zealand Nurse Organisation experts to develop best practice tools and systems for implementation by DHBs. There will be regular SSHWU updates and a webpage on the DHBNZ website. Contact Vicky Brewer, SSHWU Director on [vicky.brewer@dhbz.org.nz](mailto:vicky.brewer@dhbz.org.nz) or Sue Wood, Co-Chair of SSHWU Governance Group on [sue.wood@midcentralthb.govt.nz](mailto:sue.wood@midcentralthb.govt.nz) for more information.

## Our unsung heroes

Is there a star in your workplace? We'd like to start acknowledging staff who you think are doing a fantastic job. Please nominate a colleague, tell us why and send the details in an email to [fiona.bryce@cdhb.govt.nz](mailto:fiona.bryce@cdhb.govt.nz) and they could see their name in print!

## Tell us your views

We'd like to hear your views on HealthBeat to help us further improve the publication for CDHB staff and community providers of health in Canterbury.

If you have some news ideas or would like to contribute a story or picture, please contact Fiona Bryce by the end of each month. (Photos need to be 200dpi or greater and no smaller than 15cm.)

Also if you currently miss out on a magazine, you know of someone who may be interested in receiving one, or you would prefer to have HealthBeat emailed to you, please tell Fiona, our CDHB Internal Communications Officer; email [fiona.bryce@cdhb.govt.nz](mailto:fiona.bryce@cdhb.govt.nz) call ext 66843 or (03) 3377 843.

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## Health Innovations Awards

The Acute Non-Invasive Ventilation (NIV) Service and the Acute Medical Assessment Unit (AMAU) projects at Christchurch Hospital were named CDHB finalists in the 2008 New Zealand Health Innovation Awards by Health Minister David Cunliffe last month.

The NIV Service offers people with emphysema and other respiratory diseases treatment more quickly and safely.

Unlike invasive ventilation, where a tube is inserted into the patient's throat, NIV uses a mask over the mouth, eliminating the risk of infection and injury.

Clinical Nurse Specialist and project leader Robyn Beach said patients could be treated in a ward by nurses instead of waiting for a bed in intensive care.

"We're thrilled to be a New Zealand finalist," she said.

The AMAU has reduced the time spent in the Emergency

Department (ED) by patients needing acute treatment.

Now when patients arrive at ED, they are assessed for transfer to the AMAU, where they are seen by the acute general medical team. Staff are trained for a quick turn-around and 30 per cent of patients are discharged within 36 hours. The remainder are admitted to a general medicine ward.

Service Manager, General Medicine and Allied Health, Margaret Krauss who is project leader, said being named a finalist was a credit to everyone involved.

CDHB CEO Gordon Davies said it was wonderful to see innovation and quality improvements brought to life by the staff that initiate and drive them.

"Congratulations to our finalists on being honoured in these prestigious awards. Thank you to everyone committed to improving health services for Canterbury people."

The winners among the 20 finalists will be announced on 16 October at a ceremony in Wellington.

## ED reconstruction on-track



Stage 2 of Project RED; Christchurch Hospital's ED reconstruction was blessed last month. Pictured here is Rev. Martha King-Tamihana, Kiarahi Roopu for Nga Ratonga Hauora Maori (Team Leader for the Maori Health Service) Tahu Potiki- Stirling and Rev. Helen Gray.

The reconstruction of Christchurch Hospital's Emergency Department (ED) is well on track for completion.

CDHB Site Redevelopment Unit Project Manager Bruce Hellyer said to date the co-operation and patience from everyone involved in the project had been exemplary.

"It's not just ED that is affected by the developments; there has been a tremendous impact on surrounding areas, departments, staff and patients."

He said everyone had coped well with the noise,

disruption and inconvenience.

"This project has been carried out amidst a very busy Emergency Department. It has required enormous co-operation and goodwill from the staff within the Emergency Department, the neighbouring departments both above and below, patients and the contractors."

Mr Hellyer said 'Stage 2' of the ED Additions and Extensions project included additional floor space and the remodelling of existing spaces.

"The south end extension, which includes additional monitored bed bays was completed and occupied in early April 2008. The north end which includes new work-up bed bays and the reconfiguration of the balance

of the new monitored and resuscitation bed bays is well advanced, with completion targeted for mid-May 2008."

Emergency Department Physician Rob Ojala said the extra space and functionality will make it easier for staff to further develop models of care for patients.

"The department will be in a better position to face the dual challenges of an increasing workload and case complexity," he said.

Mr Hellyer said the project was expected to be completed in June 2008.



Anne Robinson, Public Health Nurse BCG Gazetted Vaccinator with a young patient.

- Free BCG vaccinations for all children under five years old who are considered to be at risk. If one of more of the following questions is answered with a yes, then the baby or child is at increased risk of being exposed to TB and needs to be referred to the BCG vaccination clinic;
- Do you have anyone who stays in your house that has TB or has had TB in the past?
- Do you have parents or grandparents who identify as being Pacific People?
- Has anyone who stays in your house come from a country in the last five years where there is a high incidence of TB\*?

## TB - a preventable threat

Tuberculosis (TB) is still a real health threat, with more than 400 people diagnosed every year in New Zealand. Although the rate is low compared with most countries, it has not declined in the last 20 years.

TB is caused by infection with *Mycobacterium tuberculosis*. It most commonly causes disease in the lungs, but any part of the body may be affected. It is spread from one person to another by infectious droplets through coughing.

Public Health Nursing Service BCG Coordinator Frances Ryan said TB remains one of the most common notifiable infectious diseases in New Zealand.

“High rates of TB exist among population groups from Asia, Africa and the Pacific, particularly in recent migrants from

*“High rates of TB exist among population groups from Asia, Africa and the Pacific, particularly in recent migrants from these areas who are less than five years old.”*

these areas who are less than five years old.”

She said infants and young children are more likely to progress to a severe generalised infection if they are exposed to TB outside the lung.

“TB outside the lung, which continues to occur in New Zealand, is vaccine preventable in children. Asian, African and Pacific children are disproportionately affected,” she said.

TB prevention strategies include:

- All pregnant women being assessed by their lead maternity carer as to the risk of TB for their baby.

- Do you have friends or relatives who come from a country of high incidence of TB\*?
- During the first five years of your baby’s life will they live in a country of high incidence\* for more than three months?

*\*High incidence countries are all those except: Austria, Australia, Belgium, Canada, Czech Republic, Denmark, Finland, France, Germany, Greece, Holland, Iceland, Ireland, Israel, Italy, Luxembourg, Malta, Monaco, New Zealand, Norway, Slovakia, Sweden, Switzerland, UK and USA.*

Vaccination is recommended prior to 12 weeks of age. Children over the age of 12 weeks and under five years require Mantoux screening prior to vaccination to exclude prior infection.

BCG vaccination clinics are run by CDHB Public Health Nursing Service Gazetted Vaccinators.

Clinics are held on Wednesday and Friday afternoons at Christchurch Women’s Hospital, Gynaecology Outpatients Department and bi-monthly at Ashburton Hospital Outpatients Department.

Other clinics are held within the CDHB geographical location according to identified need eg: Kaikoura.

For further information or to book appointments please contact:

Frances Ryan  
BCG Coordinator  
Public Health Nursing Service  
3836877 ext 99611

Jo Sims  
BCG Administrator  
3839498

## HomeShare service reconnects

Harry and June Dalziel of Amberley take turn about hosting a group every fortnight with another retired couple.

Mrs Dalziel said at first they wondered how they would fill the day with activities.

"It's been going along well. We all enjoy each other's personalities and company," she said.

The Dalziels' group is unique in that all three are men in their eighties; they are all experiencing dementia and are being cared for at home by their wives.

The group plays croquet and petanque, they watch movies, play games, have a hot mid-day meal and morning and afternoon tea. They have even been on a fishing trip down the Hurunui River.

HomeShare participant Bob said the group enjoys reminiscing.

"We discuss all sorts of things," he said. "You'd be amazed what us men discuss when we're old and senile!"

HomeShare groups are based in Ashburton, Rangiora, Amberley and Woodend.

HomeShare in Ashburton is funded by Presbyterian Support Services and the Trevor Wilson Trust. The CDHB is funding the pilot HomeShare programme in North Canterbury as part of its Healthy Ageing Integrated Support Strategy.

Participants undergo a needs assessment for suitability and Homeshare hosts are given training and ongoing support. For more information contact Kaye Vessey or Sue Holton on (03) 313 8588.



Quality time- Harry Dalziel, Jim, Bob, June Dalziel and Joe of Amberley.

**A** new service in North Canterbury is changing the lives of isolated older people. Presbyterian Support's Enliven HomeShare service is a unique programme bringing together small groups of like-minded people in a home environment.

Presbyterian Support HomeShare Coordinator Kaye Vessey said many older people living on their own, or with a carer, can become isolated and lack mental stimulation.

"When an older person's mental health declines then they can stop looking after themselves and their health deteriorates. Often that's when they will need to go into care. If they can get out and mix with others and interact with other people, then they're much more likely to retain their health and live in their own homes for longer."

## Charity Hospital to assist in event of emergency



Canterbury Charity Hospital Trust Chair Philip Bagshaw, Hospital Manager Lorraine Proffit and Deputy Chair Randall Allardyce

**C**anterbury Charity Hospital Trust (CCHT) has agreed to provide its facilities in the event of a natural disaster, for major trauma triage and if there is a threat of a significant epidemic.

Last month CDHB Board members decided to enter in to a Memorandum of Understanding (MoU) with the Trust that was established to provide free elective day surgery and medical outpatient clinics, for people who would

otherwise not be able to readily access this healthcare through the public health system, ACC or their own finances.

The CDHB would agree to provide support and encouragement for its employees to volunteer their services to CCHT, provided their obligations to the CDHB were not compromised. The CDHB would also ensure that GPs, who have patients referred back to them for their care, were aware of CCHT healthcare service options.

"One of the most important aspects of the MoU is the agreement that the two organisations continue to consult and communicate so that at all times there is a mutually supportive, co-operative and transparent relationship," CDHB Chair Alister James said.

CCHT Deputy Chair Dr Randall Allardyce said he "welcomed the close association and co-operation that the MoU represented between the two organisations".

The MoU will take effect after both parties have signed.

# It's playtime this World Smokefree Day

# Stop smoking line and link for Maori

This World Smokefree Day, 31 May, three Hornby playgrounds will be Smokefree.

Thanks to some Hornby High School students who lobbied their community board, the Smokefree Playgrounds programme is underway and being led by Smokefree Canterbury.

Playground signage at Wycola Park, Helmore Park and Branston Park will remind parents and carers that children copy what they see and request that smokers choose to refrain while at the playground.

Participation in the programme is voluntary and focuses on positive role modelling rather than enforcement. Results will be presented to the Christchurch City Council.

"This is about responsible and appropriate behaviour around children, which is something we can all agree on," said Martin Witt, the project manager for the Smokefree Playgrounds Programme.



A new website and 0800 number have just been launched to help Maori women and their whanau get more information about and link into Aukati Kaipapa; a free smoking cessation service.

The 0800 4 AKP00 (0800 4 25700) number and [www.aukati.org.nz](http://www.aukati.org.nz) were launched last month. The service offers:

- Access to a Cessation Practitioner; who can provide advice and support to people who want to quit smoking
- An eight-week intensive programme and 12 months ongoing support
- Individual quit smoking plans
- A mobile service
- Referral to other services

## World Smokefree Day- Fun Family Festival

To celebrate World Smokefree Day in Canterbury, a fun family festival will be held from 11am - 3pm at Wycola Park, in conjunction with Smokefree Playgrounds. There will be free entertainment including performances from local schools and dance groups, a video presentation from Hornby students, plus food and information tents hosted by community groups.

Interested residents can email [kaila@missinglinknz.co.nz](mailto:kaila@missinglinknz.co.nz) or telephone Kaila or Sharon on (03) 930 3443 for more information.

Smokefree Canterbury is supported by Asthma Canterbury, Cancer Society, Canterbury Community PHO, College of Education, Christchurch PHO, Education For Change, Heart Foundation, Hurunui / Kaikoura PHO, Partnership Health Canterbury PHO, Pegasus Health, Rural Canterbury PHO, SmokeLess NZ, Waimakariri Health Advisory Group, Hauora Matakauraka and Community & Public Health and the CDHB.

## CDHB decides to rejoin CDHBNZ

CDHB members recently voted to rejoin DHBNZ. The previous Board withdrew last year.

CDHB Chair Alister James said through DHBNZ, DHBs could stay in touch and act collaboratively in a range of areas including industrial relations, workforce development and procurement.

Recently elected DHBNZ Chair Dennis Cairns was at the Board meeting and spoke to members about concerns that had previously been raised around DHBNZ's autonomy and internal voting structure.

He said many of the issues had been addressed and that given that DHBNZ was a representative body of all DHBs, it should be able to work through members' concerns.

# More respite for carers



Providing respite for carers-Admatha Dementia Care in Shirley

**C**antabrians caring for family members with dementia will be able to take a break more easily, once two dedicated rest home respite beds are available.

The CDHB will fund a bed at Avonlea Rest Home, Spreydon and another at Admatha Rest Home in Richmond.

General Manager of Planning and Funding Carolyn Gullery said in the past carers could book unoccupied

respite beds with aged care providers, when they became available.

“Now that Canterbury has two dedicated respite care funded beds, in addition to unoccupied beds, carers of people with dementia can now book in advance and take a break when they need it.”

The funded beds are part of the CDHB’s Healthy Ageing Integrated Support Strategy, with its objective of ‘Ageing in Place’ – helping older people to stay in their homes for longer.

Susan Askew, Manager of Alzheimers Canterbury said it was estimated around 5,000 Cantabrians had dementia, the most common form of which was Alzheimer’s Disease.

“Of these, more than seventy per cent are living in the community, being taken care of by family, whanau and friends,” she said.

Carers of family members with dementia can contact the rest homes directly to arrange respite care once this service has been approved. An assessment can be done by The Needs Assessment & Service Coordination service at The Princess Margaret Hospital or a GP can refer to this service.

## Laboratory Equipment Speeds Up Results



At centre is the IRIS iQ200Elite automated analyser with computer screen to the left. A medical laboratory scientist is demonstrating the manual method of urine analysis that was used in the past at Canterbury Health Laboratories.

**F**rom labour intensive and time consuming urine microscopy, Canterbury Health Laboratories (CHL) has shifted to using an IRIS iQ200Elite automated analyser that can accurately process 70 urine samples an hour.

“The IRIS is the first of its kind in New Zealand and will be particularly important in reducing the turnaround time for urine results required for Christchurch Hospital patients,” CHL General Manager Trevor English said.

“Rather than counting cells and being behind a microscope for hours at

a time, the medical laboratory scientist responsible for analysing the specimens can simply load the samples into the machine, go away to do something else and come back to check the results,” Mr English said.

The IRIS works by identifying the bar-coded specimen, taking a sample, mixing it with a small amount of fluid, taking digital images of urine particles and analysing the data. Unlike the manual method, where only a minute amount was examined, the IRIS looks at a much larger volume of urine, and hundreds of digital images, to give a more accurate and standardised result. Features including the size, shape and texture of cells are analysed and urine particles are identified and quantified.

Twelve different particles can be identified by the machine including red blood cells, white blood cells, epithelial cells, bacteria, yeast, crystals and sperm. “Identifying and counting these particles can help in the detection of a wide range of infections and conditions, such as urinary tract infections, tumours of the urinary tract, renal failure, and many other kidney diseases,” Mr English said.

# Get your free health resources



The Community Health Information Centre team- Sue Burgess, Claire Dangerfield, and Lesley Willoughby

When it comes to health related resources – you can get something for nothing.

Health Information Coordinator Claire Dangerfield said the Community Health

items through regional offices located at Ashburton, Greymouth and Timaru. A range of resources are also available on-line at [www.cph.co.nz](http://www.cph.co.nz) or by fax, email, or phone.

Information and resources are available on the following topics:

Adolescent health	Sexual health
Alcohol	Healthy schools
Child health	Treaties and charters
Drugs	Violence
Environmental health	Women's health
Family health	Men's health
Gay and lesbian health	Mental illnesses
Health education	Nutrition
Smoking	Older people's health
Hygiene	Pacific people's health
Maori health	Physical activity
Medical health	Safety
Mental health	

Information Centre (CHIC) is stocked to the ceiling with free health information and resources available to the public, CDHB staff and departments, community health providers, and Non Government Organisations.

“A lot of health workers may be interested to hear that we are here and have resources which may be very useful in their daily work,” she said.

Resources are either free or available on loan. There are pamphlets, posters, stickers and loan out videos, DVDs, CD-Roms, educational kits, books and MoH publications. Resources are available in languages other than English including Te Reo and Pacific languages. People living outside Christchurch can loan

The Community Health Information Centre is a part of Community and Public Health, a division of the Canterbury District Health Board.

## Keep Moving During Winter

As the temperature falls, we tend to hibernate inside and our exercise levels drop.

Remaining active and eating well during winter can help boost your immune system and ward off illness.

Exercising outdoors on a cold day can be invigorating if you plan properly:

If possible, exercise during daylight hours or wear reflective clothing so you can easily be seen.

Make sure you let someone know your planned route, or exercise with a friend or group.



Keep active- try biking to work.

- ➔ Layer your clothes- you can peel off the outer layers as you start to warm up.
- ➔ Drink lots of water – your body still needs to hydrate, even if you feel less thirsty in the cold weather.
- ➔ Warm up indoors to increase your body temperature before you head outside.
- ➔ Muscle strains and injuries are more common in colder temperatures so if you haven't exercised for a while, talk to your GP and

ask for a Green Prescription before starting your exercise programme.

If you prefer, get active indoors during winter:

- ➔ Join a gym- check whether your employer can refer you to a gym with discounted rates for staff. Discounted child care may also be available.
- ➔ Work out at home using canned food or plastic bottles filled with sand as weights.
- ➔ Rent a free yoga or fitness video from the library and invite friends over for a workout.
- ➔ Think active- bike or walk to work, use the stairs instead of the lift and during breaks; go for a brisk walk with colleagues.
- ➔ Start swimming or aqua-jogging!

Visit [www.sparc.org.nz](http://www.sparc.org.nz) or [www.activecanterbury.org.nz](http://www.activecanterbury.org.nz) for more great ideas.

# Comings and goings...

## Steve Gibbons

Steve is the new Oncology/Haematology/Palliative Care Cluster Chair.

## Bridget Robinson

Bridget is the new Clinical Director of Medical Oncology.

## Robert Weir

Robert has been appointed to the role of General Manager, South Island Shared Service Agency Ltd (SISSAL). Rob is a medical practitioner and Public Health Medicine Specialist.

## Bernie Fitzharris

Bernie is standing down from the role of Oncology/Haematology/Palliative Care Cluster Chair and Clinical Director Medical Oncology. He has been appointed Co-Clinical Director of the Southern Cancer Network.

## Steve Smith

Steve has resigned as CPR Trainer Coordinator for the CDHB following nine years. He developed a CPR training pathway for all of Christchurch Hospital.

## Catherine Shanks

Catherine has resigned as Staff Nurse from Ward 27 after more than 30 years with the CDHB and the last 18 years in Oncology on night duty.

## Celebrate Men's Health Week 9 June 2008

Free Events for Community and Health Workers

### Monday 9 June

10:00-12:00

Jimi McKay, Clinical Worker at Youth Specialty Services describes barriers to men's access of psych services.

1:00 - 4:00

Philip Chapman, Men's Health Worker with the NMDHB (Nelson): How community services get men in the door and what to do when you've got them! Includes a workshop where you focus on your service.

### Tuesday 10 June

10:00-11:00

Andrew Dickerson, CEO Age Concern and CDHB Board member, talks about older men and health, mental health issues, social isolation and emerging issues.

1:00-3:00

The Whole Family Approach - Can Community Services Do Better at Involving Fathers? Harald Breiding of Father and Child Trust.

### Wednesday 11 June

10:00-12:00

What is the male experience of childhood sexual abuse? What is grooming? Ken Clearwater of MSSAT on current research.

12:30-2:00

Men in Social Services Lunch and meeting. Men working in the community sector are invited to come together for

a healthy catered lunch and to talk about possibilities for working together.

2:15-3:15

What are Men's Groups and what is available for local men? Paul Scott of Men's Trust.

### Thursday 12 June

10:00-11:30

Dr. Jeff Gage and Prof. Andrew Hornblow, University of Canterbury lecturers, provide an historical and research focussed overview of Men's Health in NZ.

1:00-3:00

CDHB Maori and Pacific Island Health ED Hector Matthews, presents the basic facts of Maori men's health and chairs a discussion about local concerns and opportunities.

### Friday 3 June

10:00-11:30

Karolin Potter of the Race Relations Office and the Human Rights Commission, discusses human rights and social justice issues with regards to education, health and the imprisonment of NZ men and boys.

2:00-4:00

Joe Puketapu (Te Hauora O Ngati Rarua) talks about the Nelson Marlborough District Health Board's plans for Maori men's health programmes, including a Maori men's health hui.

All events are held at Christchurch Community House, 141 Hereford St and are free. To attend please email [canmen@inspire.net.nz](mailto:canmen@inspire.net.nz) and include your name, email, agency and phone number plus the event/s you wish to attend. Alternatively fax 03 366 8535 or post to the Canterbury Men's Centre, 141 Hereford St, Christchurch.

## Plan for suicide prevention

The NZ Suicide Prevention Action Plan 2008-2012, which follows the NZ Suicide Prevention Strategy 2006-2016 has been released. Copies are available from the Suicide Prevention Information NZ (SPINZ); email [info@spinz.org.nz](mailto:info@spinz.org.nz) or phone (09) 300 7035.

## Whanau Ora Awards

Registrations of Interest are being called for the third bi-annual Whanau Ora Awards to be held in September. Hosted by the Ministry of Health, the Awards help to promote successful and innovative models of service delivery or initiatives by Maori health providers. For more information visit [www.moh.govt.nz](http://www.moh.govt.nz) or contact Kathy Grace on (04) 495 4372.



## Mary O'Neill

Registered nurse Mary O'Neill resigned recently following 31 years of service at the CDHB. Her career has also taken her to the West Coast of the South Island of New Zealand, England and South Africa. She is pictured here with CDHB CEO Gordon Davies.

## Russley School donates

Students from Russley School recently donated \$415 to the Friends of Children in Hospital Christchurch INC. The children held a 'Wacky Hair Day' to raise money. Pictured are: Janine Randle, Betty Lake, Dorothy Lavelle, Connor Clemett, Lana Fiso, Thomas Marsh, Tom Hargraves, Michaela Johnson and Matt Pont.



## Play with a purpose

Members of the Hospital Play Specialist team attended the 4th International Pacific Rim Conference for Hospital Play Specialists in Auckland recently. CDHB staff members presented findings from the 'Play with a Purpose' project at Christchurch Hospital's Children's Acute Assessment Unit. Hospital Play Specialist Deborah Alexander is pictured here with patient Jessica.

## Mental Health professional development courses

The University of Otago, Christchurch at Christchurch Hospital is offering postgraduate courses, which count towards a Certificate, Diploma or Masters in Health Sciences. These include:

- Introduction to Suicidal Behaviours, Research and Prevention
- Treatment of Addiction and Co-existing Disorders

· Advanced Applications of Interpersonal Psychotherapy.

Other specialist papers available in the second semester include Advanced Mental Health Nursing, Rehabilitation and Management of Mental Disorders, Eating Disorders and Introduction to Perinatal Psychiatry. For more information email [judith.stone@otago.ac.nz](mailto:judith.stone@otago.ac.nz) or call (03) 372 0404.

# What's up...

## May

Hospice Appeal Month - Hospice New Zealand

5 Term 2 begins

5-11 NZ Sign Language Week

6 World Asthma Day

10 Balloon Day  
(Asthma and Respiratory Foundation)

11 Mother's Day

12 International Chronic Fatigue Syndrome /  
Myalgic Encephalomyelitis Awareness Day

15 International Day of Families

23-25 World Vision 40 Hour Famine

24-30 Coeliac Awareness Week

26-1 Youth Week

31 World Smokefree/No Tobacco Day

## June

1-7 Autism NZ Appeal Week

2 Queen's Birthday

3-10 Brain Injury Awareness Week

5 World Environment Day – visit  
[www.mfe.govt.nz/withyou/wed/](http://www.mfe.govt.nz/withyou/wed/)  
for more information.

5 Matariki (Maori New Year)

9-15 Men's Health Week

15-21 Volunteer Awareness Week

13 World Blood Donation Day

20 World Refugee Day

26 International Day against Drug Abuse and Illicit  
Trafficking

## Get 'flu ready – help play a leading role in the community



*History tells us the more informed and prepared you are, the better off you and your loved ones will be in an influenza pandemic.*

Check out [www.fluinfo.org.nz](http://www.fluinfo.org.nz) for everything you need to know about pandemic influenza- information for households, workplaces and the community, as well as information on related health issues and links to other pandemic related websites.

Dr Paul McCormack, Managing Director of Pegasus Health said keeping the family unit healthy will be key to how a community copes in the event of a pandemic, especially as access to usual health services may be limited and the things needed to take care of a family may be in short supply.

He said people might want to talk with their GP and pharmacist about any chronic conditions they might need to manage.

“People will need to make sure they keep good stocks of their family's usual medications and that their family has what it needs to get through a pandemic in the best shape possible.”

How to keep healthy, basic hygiene and preventing the spread of infection may also be key areas for discussion and are topics which are covered in the website.

The site is designed to be a ‘first port of call’ for health providers to recommend to people for reliable, accurate advice. It is also a resource for local community groups to start pandemic-planning.

“We also hope that community groups, schools, individuals and workplaces will share their preparedness stories on the site. We have so much to learn from one another, and there is some incredible work being done in this area.”

Dr Humphrey said the communities who were best prepared in the 1918 pandemic had the highest survival rates.

“We don't know when another pandemic will strike or how bad it will be, but one thing we do know for sure is that preparation is our best defence.”



# THANK YOU!!

A big thank you to everyone who had their 'flu vaccination recently.  
And a special thank you to those who delivered the 2008 campaign.

If you have any concerns or questions about the influenza vaccine, please contact  
Occupational Health on (03) 378 6154 or ext. 86154.

