



HEALTHBEAT

NEWS FOR CANTERBURY DISTRICT HEALTH BOARD STAFF & COMMUNITY PROVIDERS

Labs offer opportunities to school leavers



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Comment from the Chief Executive



I have been very impressed with the progress made on the Referrals Project.

This is a clinician led initiative that aims to deliver better outcomes for patients through closer interaction between General Practitioners and Hospital Clinicians.

The project, which was initiated by CDHB Planning and Funding, involves Canterbury's five Primary Health Organisations, General Practice, Hospital Clinicians and management.

Project Chair Dr David Kerr

says he is particularly impressed with how clinicians in both primary and secondary care are determining best practice pathways for patients together.

Projects include:

Orthopaedics

Around 50 per cent of referrals to orthopaedics do not meet the threshold for a First Specialist Assessment with patients being returned to GP care. As an alternative, musculoskeletal clinics staffed by musculoskeletal specialists and GPs are being trialed.

Respiratory

Steps towards an integrated respiratory service are being taken and include a clear pathway for patients with Chronic Obstructive Pulmonary Disease (COPD) and delivery of a range of diagnostic tests in the community (including Spirometry and Pulse Oximetry Sleep Studies). The package of services will be launched to General Practice in October.

Gynaecology

An eight-week audit shows management pathways and referral pro-formas have reduced referrals. Feedback from GPs indicates patients benefit from discussing their pathway with their GP. Another audit scheduled for early 2009, will review referral practices more widely.

Let us continue to consider alternative ways of managing patients to meet their needs in both general practice and specialist services.

Kind regards,

Gordon Davies
CEO

Canterbury District Health Board

Canterbury

District Health Board
Te Poari Hauora o Waitaha

Our unsung heroes

Julianne Toop

Julianne is Infection Control Nurse at The Princess Margaret Hospital. She is always so positive and fun to work with- she has an awesome attitude to life... even during a Norovirus outbreak!

Chantal Clarke

Sadly Chantal, Corporate Office Receptionist is leaving us to return to her Canadian homeland. Thank you so much Chantal for always being so helpful, organised, friendly and kind. You will be missed.

Nominate an unsung hero in your workplace – send the details in an email to fiona.bryce@cdhb.govt.nz and they could see their name in print!

Radiology's PowerScribe: finalist

PowerScribe, a speech recognition dictation solution implemented by the CDHB's Radiology Services, has recently been awarded finalist in the 2008 Computerworld Excellence Awards. The winner in the 'Excellence in the Use of Information Communication Technology (ICT) in Health' category was the Royal New Zealand Plunket Society for 'PlunketLine'.

Launched in 1998, the Computerworld Excellence Awards celebrate the achievements of New Zealand's ICT users, individuals and teams that successfully apply information technology to meet the needs of their organisation.

Tell us about your news and events!

Email fiona.bryce@cdhb.govt.nz ext 66846 or 3377 843, internal mail: Communications Team, Level 2, The Princess Margaret Hospital or Communications Team, Level 2, The Princess Margaret Hospital, PO Box 1600 CHCH 8140.

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Sally Nicholas Burwood Person of the Year 08



Focussing on the positive aspects of life and work as a foundation for the future is what it's all about for Burwood's 2007-08 Person of the Year.

Sally Nicholas is a Service Manager for the Spinal Unit.

A mother of two, she job-shares

with colleague and friend Liz Oliver. Together, they provide excellent leadership and business management to the Spinal Unit.

"I'm really surprised and really honoured to be acknowledged in this way," says Sally. "I really do believe we're a team here. It wasn't just me getting this one award."

Sally won praise for her display of positive sayings in the Unit, a focus on improved work spaces/equipment for staff, a true patient-centred response to issues, a strong multi-disciplinary team approach and a willingness to take on any challenge.

Lab results on-line

A new initiative which allows clinicians to electronically sign off patients' laboratory results will begin to be phased in this month. Canterbury Health Laboratories (CHL) currently sends all patient results from every CDHB hospital to Éclair -a clinical application- where they can be viewed by clinicians. However, paper reports are also sent to clinicians for the results to be signed off.

Canterbury Health Laboratories IS Manager Myles Buckland-Jones says the new system is being introduced mainly to improve patient safety, but will also benefit clinicians by streamlining the sign-off process.

From this month, the first phase of the new system will be introduced, with clinicians being able to see how they can sign off results by simply clicking "accept" on the Éclair system. "We want to encourage people to try it and get used to it before it is due to go live in February."

The second phase of the project will improve clinicians' ability to search the Éclair system for results.

The third phase, which is expected to be rolled out from next February, will see clinicians gradually switching from signing off paper reports to an electronic sign-off. The aim is for them to be able to sign off patient results at the point of care and, potentially, anywhere with internet access.



Fresh Future Appeal – the fundraising begins!

Progressive Enterprises General Manager Fresh Foods Brett Ashley with a goodie bag for Tessa Shaw and family. Shane Langton (Woolworths Bush Inn) and Maria Tabakakis (Countdown Colombo St) look on.

dedicated children's wards at Christchurch, Dunedin, Waikato and Wellington Hospitals as well as Kidz First Children's Hospital (Middlemore), Auckland.

The Appeal runs across Foodtown, Countdown, Woolworths, SuperValue and FreshChoice stores and support offices nationwide. Staff are organising an imaginative range of fundraising activities including, sponsored bike rides, kids' duathalons and gala days.

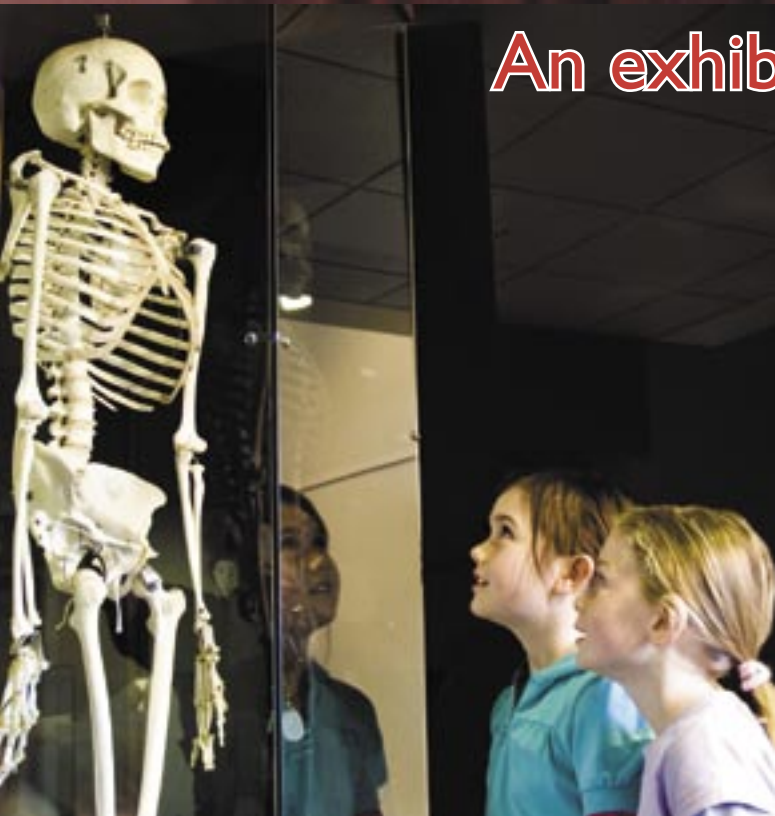
"We are really hoping Canterbury people will join with us and rise to the challenge of raising even more this year. It never ceases to amaze me how generous Canterbury people are. I'm sure we can do it," says Anne Morgan, CDHB Service Manager for Children's Health.

Progressive Enterprises Managing Director, Peter Smith says, "We're all keen to support sick kiwi kids who are in hospitals, their families and those wonderful medical professionals who treat them."

Funds raised from the appeal will help purchase medical equipment and services.

Christchurch Hospital's Children's Wards are asking Canterbury people, including CDHB staff and community providers, to support the annual Progressive Enterprises Fresh Futures Appeal.

Last year CDHB's children's services received more than \$200,000, a share of more than \$1M raised by New Zealanders in just eight weeks, for sick children in



Rebecca Williams and Rachel Peden meet 'George', a plastic skeleton used during anatomy lessons from the early 1950s until 1987.

An exhibition of love and duty

ship formed part of a hospital unit sailing from Alexandria to Salonika to provide medical support to British and French troops. As the Marquette was a transport ship, rather than a hospital ship, it did not sail with protective Red Cross markings. On the morning of 23 October 1915 the Marquette was struck by a torpedo and sunk. Sadly, 167 people including ten nurses, perished.

There were 36 New Zealand nurses onboard the Marquette including three Christchurch nurses, Nona Hildyard, Lorna Rattray and Margaret Rogers, and five connected to the Waimate region in South Canterbury, Isabel Clark, Catherine Fox, Mary Gorman, Marion Brown and Mabel Jamieson.

The Canterbury regional branch of the New Zealand Nurses Organisation (NZNO) continues to promote educational activities for nurses and to provide advice and professional support. It also acts for members in improving contracts and working conditions and works to recognise and highlight the importance of nursing.

The Cotter Medical History Trust has New Zealand's most comprehensive collection of medical equipment, instruments, photographs, documents and memorabilia.

An exhibition marking 100 years of the Trained Nurses Association in Canterbury is on display at Canterbury Museum.

As well as items from the Cotter Medical History Trust, items on display include photographs and memorabilia from World War One nurses, including those who lost their lives in the sinking of the British transport ship the Marquette. The New Zealand nurses on board the

Love and Duty: Celebrating 100 years of the Trained Nurses Association in Canterbury until 28 September in the Visitor Lounge, Canterbury Museum. An exhibition exploring the evolution of nursing in Canterbury. General admission is free; donations are appreciated.



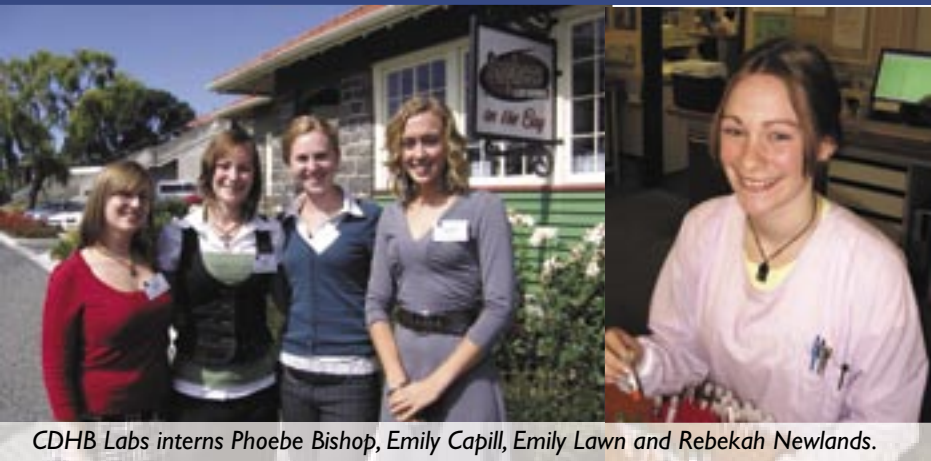
Jean Taylor- end of an era

Jean Taylor, the first matron of The Princess Margaret Hospital, died on 13 July at the age of 93. Jean enjoyed a distinguished and interesting career as one of New Zealand's leading nurses. She started at Christchurch Hospital in 1939 as a staff nurse and in 1950 won the Florence Nightingale Scholarship, which took her to Canada and the United States for study during which time she won the Rockefeller Fellowship.

In 1952, she travelled to India to assist with nursing training, where she met Sir Edmund Hillary after his ascent of Mount Everest. In 1956 Jean returned to Christchurch Hospital and was soon appointed to matron of Burwood Hospital. In 1959, she became the first matron of the newly built Princess Margaret Hospital. Four years later, she became the matron-in-chief of the Auckland Hospital Board.

In 1969, Jean retired and was awarded the OBE (by Order of the British Empire) for nursing services. Jean was also made a life member of Age Concern Canterbury and Nurse Maude in recognition of her work for both organisations.

Labs offer opportunities to school leavers



CDHB Labs interns Phoebe Bishop, Emily Capill, Emily Lawn and Rebekah Newlands.

offered holiday work while they study and are guaranteed a work placement in their fourth year.

“We’ve had four people come through and they’ve all been fantastic. At the end of their four years, ideally they would look to come and work for us,” he says.

Intern Emily Capill says she found out about the opportunity through her school careers councillor.

“While I was at school I had already decided that I would like take a gap year - a year out from study - so it’s worked out really well.”

Emily says the opportunity has been a ‘cool learning experience’ and having meaningful full-time work so soon after leaving school has many advantages.

Canterbury Health Laboratories is offering opportunities to young people with an eye to the future.

Four students, fresh from completing Year 13, have started a year-long ‘Lab Intern Scheme’ where they are regularly rotated and trained to gain experience in a variety of laboratory roles. Head of Haematology Ken Beechey says the scheme was developed in anticipation of the workforce declining around 10 per cent over the next five years. The students are recruited with the hope they will study Medical Laboratory Science at University. In return, they are

Medical School moves reception to ground floor



Pat Cotter Rob Davidson and Peter Joyce
Max Abernethy and microscopes



Ever since the University of Otago’s Christchurch School of Medicine was built in 1972, its reception has been on the fifth floor. Not any longer though, following the official opening of the new open-front reception by the Dean, Professor Peter Joyce, at a well attended occasion in August.

The move also brings together, in the same area as the ground-floor reception, a dedicated Medical Education Unit to service the curriculum and academic needs of the 230 medical undergraduates and 500 postgraduate students and teaching staff at the University of Otago, Christchurch (UOC).

The opening also saw the unveiling of a plaque to mark major donors to last year’s successful campaign to raise \$1.4 M for the Cancer Society Tissue Bank, which is housed at UOC. The Tissue Bank is the largest of its kind in the country with nearly 4000 cancer tumour and blood tissue samples, voluntarily donated by patients, and vital for research into cancer.

The third event of the day was the first public display of what will be the largest collection of historical microscopes in New Zealand and Australia. This is being purchased by the Cotter Medical History Trust from a collection assembled by retired Nelson pathologist, Dr Stephen Clark, over many years.

So far the Trust has bought 40 microscopes which are now displayed in the foyer. Eventually the collection will number 150 instruments stretching back to the mid-eighteenth century and the birth of modern medical science.

Trust member MaxAbernethy says all donations will be gratefully received. Email maxa@xtra.co.nz for more information.

Burwood celebrates its people



From back left; Aileen Withers, Sally Nicholas, Judy Peyton, John Maasch and Vince Barry, front: Anne-Marie Wildbore.

Now in its second year, 'Celebration of Burwood' is a special day for acknowledging the outstanding contributions made by staff over the previous year.

Held on 28 July, the event included a morning tea and presentation of awards based on Burwood's values. Symbolically, these are represented by a flax plant – Harakeke – with five associated values (PATHS). Five awards of vouchers were made to match these values, which underpin the successful running of Burwood Hospital.

This year's overall award – Burwood's Person of the Year – went to Spinal Unit Service Manager Sally Nicholas.

Spinal Unit nurse aide Kathy Adam was presented this year's 'Putting People First' award. It was her idea to coordinate the donation of a barbecue and accessories to the unit as a one-off way to improve the work environment there.

When cleaner Judy Payton found a sum of money in her work space, she did the honest thing and handed it in. When the money was not claimed, instead of accepting it herself, she donated it to the Westpac Trust Rescue Helicopter. Judy received the 'Acting with Integrity' award.

Dr John Maasch of the Brain Injury Rehabilitation Unit was presented with the 'Taking Responsibility' award for consistent work on looking at ways to improve outcomes for patients.

In weighing up possible recipients of the 'Helping Each Other' award, the key was looking at how staff carried out their day to day work. When it came to treating others with respect, one clear winner emerged: Aileen Withers, Secretary of the Social Work Department.

For her dedicated work in the area of infection control, Infection Control Nurse Anne-Marie Wildbore received the 'Striving to Improve' award.

All award recipients receive recognition via the monthly coffee card system that operates at Burwood.

With more than 500 staff, Burwood has been undergoing rapid change. With four new theatres included as part of the Stage 2 Redevelopment, there is a lot of new activity at Burwood.

"This is a place where patients are treated with dignity and respect and we want to continue to nurture that quality," says Vince Barry, who is General Manager of Older Person's Health and Rehabilitation Services.

"It is important to understand and celebrate those people who contribute significantly over the year."

Shhh in the NICU!



Caroline and Nick Collins enjoy quiet time with baby Charli in Christchurch Women's Hospital's Neonatal Intensive Care Unit (NICU).

Every afternoon while their daughter Charli was in neonatal care, Caroline and Nick Collins enjoyed precious, uninterrupted "cuddle time" with her. Charli, who was born on 20 June and had bowel surgery just one day later, is among the first babies to benefit from a new visiting policy introduced by

Christchurch Women's Hospital's Neonatal Intensive Care Unit (NICU).

The aim of the initiative is to ensure parents of premature and sick babies in the unit have a two-hour "quiet time", from 1-3pm, which research shows can help babies to grow and recover.

NICU Associate Clinical Nurse Manager Jenny Liley says the change to visiting hours followed consultation with both staff and parents and a two-month trial earlier this year.

She says research shows that babies, who are premature or recovering from surgery, benefit from being in an unstimulating environment as much as possible.

"The more babies are able to sleep, the more calories they are able to conserve for growth. Babies recovering from surgery are also conserving energy for recovery."

Visitors are asked to stay away, lights are dimmed, blinds are pulled and staff try to make as little noise as possible. During this time, parents are encouraged to give their babies a "kangaroo cuddle" – a special cuddle where the baby's parents hold the infant on their chest to keep them warm.

Farewell to long time Canterbury Medical Officer Of Health



Dr Melvin Brieseman (Mel) has retired from CDHB's Community and Public Health (C&PH) division after more than 30 years as a Canterbury Medical Officer of Health (MOH).

Mel's departure leaves Drs Alistair Humphrey and Ramon Pink with the responsibility of Medical Officer of Health for the Canterbury region. The pair have been working in the role for several years.

CDHB Chief Executive Gordon Davies said, "Mel's wise and considered approach to public health issues stood him in good stead during his many years as MOH."

"The role of Medical Officer of Health, despite many iterations in the last 30 years holds a tremendous amount of authority and responsibility. If there is a national or local health crisis, these are the people that we look to for guidance and direction."

Aside from his public health role in Christchurch, Mel also worked as a General Practitioner, surgeon and for ten years as a Chief Medical Officer in India.

Evon Currie, General Manager of C&PH said Mel was highly regarded by his peers and his wise head would be greatly missed from the division.

Team approach to new MoHs



passionate about improving Maori health as well as that of the wider community. "My work in General Practice grounded me and challenged me to consider how else I could support the improvement of Maori health. Public Health gives me that opportunity", he says.

Alastair, whose previous employment included time with the Royal Flying Doctors Service and the International Diabetes Institute, says travel through Africa in his youth convinced him that a population based approach to health provided far more benefit over all than individual medicine could achieve. However, Alastair values working "at the coal face of medicine" and continues to work a regular shift at the After Hours Surgery in Bealey Ave.

All Medical Officers of Health are public health physicians requiring about 12 years training. Their role is to promote and protect public health, with appointments made by the Director General of Health. The powers vested in them allow them to act quickly to manage public health emergencies and they have an important leading role in Civil Defence emergencies. On a day to day basis they are responsible for overseeing issues as diverse as liquor licensing, communicable diseases, and managing contaminated land.

Drs Raymon Pink and Alistair Humphrey say they will share the responsibility of Canterbury Medical Officer of Health between them.

Raymon, as a Maori Medical Officer of Health, follows in the esteemed footsteps of Maori Public Health physicians such as Maui Pomare and Sir Peter Buck and is historically one of very few Maori Medical Officers of Health. Raymon is of Te Aupouri, Te Rarawa descent and was a GP in Otara for nine years before working at the Counties Manukau DHB on Maori health issues. He is

Community Gardens for Lincoln



Rain brought most of the Lincoln Community Gardens festivities inside. Lincoln local Casey Meredith, who is 11-years-old, won the scarecrow competition. She is pictured here with her 'twin' scarecrow!

CDHB hospital land will soon be shared by Lincoln people for recreation, therapy, educational opportunities and community-grown food.

The initiative was launched last month with a Community Gardens Open Day featuring a scarecrow competition and entertainment from the Lincoln High School Jazz Band. Located at the Lincoln Maternity Hospital grounds in James Street, the new Community Gardens is a Lincoln Envirotown Trust project, supported by the CDHB. Envirotown Trust Chairperson Sue Jarvis says support from local people has been overwhelming.

“One of our local businessmen took time out to negotiate the site at the hospital. The Trust plans to have some allotments at the gardens and a community plot. There will also be a demonstration plot, Japanese gardens and art works,” she says.

A Community Gardens Coordinator has recently been appointed to help bring the project to life.

Lincoln Maternity Hospital Charge Midwife Anne Atkins says as well as the health benefits for everyone involved, the Community Gardens will help strengthen community and hospital links.

“People may remember the site used to be the hospital gardens. In fact many a Lincoln mum has dined on produce from this patch,” she says.

According to Sue, ideas and inspiration have been drawn from the Christchurch City Council community gardens.

“We are taking the lead from our fellow community

gardeners in Christchurch, who have been extremely supportive. Soon, we will be able to share food cooperatively as a community, as well as provide recreation, therapy and educational opportunities for local people. It will be a wonderful open space for people to reconnect with the environment,” she says.

The Trust plans to develop other sites as community gardens as they come available.

Like Minds Media-Watch Project

Seen a story about mental illness that's made your blood boil or heart sing?

Then take action and let the Like Minds Media-Watch team know about it.

This new section of the Like Minds website allows you to:

- Report positive or negative coverage of mental health issues
- Respond directly to media coverage
- Make formal complaints to media authorities
- View examples of positive and negative coverage and the Like Minds team response to those who produced them.

Visit www.likeminds.org.nz and click on the Media-Watch tab to find out more.

Richard Townshend: counselling through sign language



deaf person in a hearing world,” says Richard, “but the painful feelings are universal”.

Richard says the foundation of his work is building a safe, confidential relationship with clients in which they can be heard and understood.

“I work a lot with abuse issues, relationship difficulties, stress, self esteem and self confidence problems,” says Richard.

Born hearing but becoming deaf at five-years-old after having meningitis, sign language is Richard’s first language. He says studying in English has been a real challenge and it’s proved a long and difficult journey to reach the place of being confident in his work.

After seeking counselling himself to resolve issues in his own life, Richard completed basic training at the Arahura Health Centre in Christchurch where he was offered an internship programme. Working under supervision, Richard began working with adults at Arahura and at the Van Asch Deaf Education Centre with children and adolescents. He has now worked as a counsellor for deaf people for five years.

“Funding counselling is difficult with many clients having low incomes, but we find ways to keep fees low. The CDHB has been very supportive in funding clients with mental health issues particularly depression and anxiety,” says Richard.

“My persistence through the long journey has been worth it and I’ve managed to achieve my vision to help others.”

As the first deaf member of the New Zealand Association of Counsellors, Richard Townshend is better qualified than most to help with problems deaf people share.

“Many of the issues stem from feeling marginalised and misunderstood as a

Step Ahead Art on show

Step Ahead Trust is again holding its annual art exhibition, this time at Christchurch Hospital’s Great Escape Café.

Trust Activities Coordinator Di Cockburn says the exhibition has been timed to coincide with Mental Health Awareness Week; from the 6 to 16 October.

“The timing is to gain maximum exposure about the realities of living with mental illness, breaking down barriers and reducing discrimination,” she says.

“It also provides an opportunity to showcase talent and to sell some work.”

Step Ahead Trust is a member driven organisation which has held exhibitions for more than 10 years. It is an activities-based rehabilitation programme for people in Canterbury who experience mental illness, providing a wide range of activities such as a weekly art and craft group.

Items for sale can be purchased at the exhibition opening, from 4pm, Monday 6 October, or by contacting Step Ahead Trust on 389 4001.



Holiday tips for kids!

Thank you to readers who contributed their 'holiday tips for kids' last month, the following ideas might inspire you during the next holiday break.

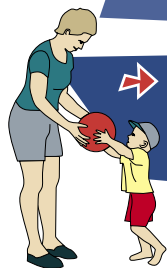
➔ Take an easy tramp to the Packhorse Hut on the Port Hills, with a picnic lunch. The track is suitable for younger children and you can stay overnight.

➔ For shorter walks with a picnic lunch, try Victoria Park... there are lovely views and a variety of tracks.

➔ Visit The Groynes – off Johns Road. Take a group of children for games of cricket/rugby/soccer. Check to see if children's fishing competitions are on during the holidays.

➔ Arrange a picnic and stone (agate) collecting at Birdlings Flat. For older children, it's a good place for surf-casting. Take care near the water as there is a strong undercurrent.

➔ Visit Rakaia Gorge- enjoy jet boat rides, swimming, walking, a picnic on the riverbed, or fishing.



➔ Visit Orana Park and plan animal feeding times into your day.

➔ Go bike riding at Bottle Lake Forest. There are tracks for all ability levels.

➔ Check out QEII leisure park- it is an inexpensive day with a length pool, fun pool and hydroslide.

➔ 'Adrenalin Forest' is great fun for kids. It encourages healthy activity and boosts confidence.

Win!!!

We have two tickets to the rugby to give away! Canterbury Vs Bay of Plenty at AMI Stadium on Thursday 18 September.

Tell us in 50 words or less, why you deserve to win.

The winner will need to collect the tickets from The Princess Margaret Hospital main reception.

Please email your day-time phone number to fiona.bryce@cdhb.govt.nz or post to: internal mail: Communications Team, Level 2, The Princess Margaret Hospital or Free-post Authority Number 91481, Communications Team, Level 2, The Princess Margaret Hospital, PO Box 1600, CHCH 8140.

Nga Mahi a Te Whanau- Whanau in Action



Forty tamariki (children) aged 8-12 years took part in a free holiday programme supervised by He Oranga Pounamu staff recently.

Activities included scrapbooking, colouring competitions, SingStar and Buzz! competitions, swimming and hydrosiding, wall climbing, gymnastics and touch rugby.

He Oranga Pounamu Senior Manager Angelia Ria says the programme brought together many agencies who provided activities for tamariki to get involved in.

"The aim of the initiative was to tautoko (support) our hard working matua (parents) who needed support during the school holiday period," says Angelia.

Four high school students were employed to gain experience and mentor the tamariki during the two weeks. The programme schedule included CATINC nutrition and cooking classes, Avonhead Tennis Club, The New Zealand Institute of Sport and Xpression Dance Studio, physical activity classes.

Angelia says tamariki enjoyed preparing healthy meals and snacks each day.

He Oranga Pounamu Holiday Programme is part of the Whanau In Action plan designed to encourage all whanau to engage in regular physical activity through participation and healthy lifestyles choices. The kaupapa (policy/ scheme) is also in-line with the vision of He Oranga Pounamu: to Live Long, Live Well.



What's up...

September

- Cervical Screening Awareness Month
www.nsu.govt.nz
- 1-3 Sixth Australasian Conference on Safety and Quality in Health Care, Christchurch www.aaqhc.org.au
- 1-5 Multiple Sclerosis Awareness Week
www.msaki.org.nz
- 1-7 Safety New Zealand Week
www.safetynzweek.co.nz
- 1-7 Contenance Awareness Week
www.contenance.org.nz
- 1-7 Epilepsy NZ Awareness Week www.epilepsy.org.nz
- 5 John Dobson Memorial Foundation Cocktail Party and Auction www.uoc.otago.ac.nz/departments/psychmed/treatment/jdmfcocktail.htm
- 10 World Suicide Prevention Day
- 8-14 Stroke Foundation Awareness and Appeal Week
www.stroke.org.nz
- 12-14 New Zealand Contenance Association Conference 2008 www.contenance.org.nz
- 15 World Lymphoma Day
www.lymphomacoalition.org
- 19 Deaf Awareness Day Loud Shirt Day
www.hearinghouse.co.nz
- 21 World Alzheimer's Day www.alzheimers.org.nz

26 Body Dance Festival Launch 5– 6pm: learn the moves, 6– 7pm: rehearsal time 7pm: world record attempt for the largest synchronised dance routine
www.thebody.co.nz

26 End of school term 3

22-28 Deaf Awareness Week www.nfd.org.nz

23-29 UNICEF Awareness Week www.unicef.org.nz

26-3 Arthritis Foundation Annual Street Appeal
www.arthritis.org.nz

28 World Heart Day www.world-heart-federation.org

October

Breast Cancer Awareness Month www.nzbcf.org.nz

1 International Day of Older Persons

9 World Sight Day

10 World Mental Health Day www.wfmh.org

13 Term 4 begins

13-19 Save the Children Appeal
www.savethechildren.org.nz

16 World Food Day

13-19 Plunket Appeal www.plunket.org.nz

20 World Osteoporosis Day www.bones.org.nz

20 - 31 CanTeen's annual appeal www.canteen.org.nz

27 Labour Day

28-3 Blind Week Appeal

10 Pink Ribbon Day www.nzbcf.org.nz

31 Artist Doctors Concert & Exhibition. The Concert will be held at the Repertory Theatre, Kilmore Street, 7.30pm and the Art & Craft Exhibition at Medlab South, 137 Kilmore Street 6.00pm- 7.00pm.

Attention Surgical Nurses

Plan your study leave for the 10th Biennial National Surgical Nurses conference 2008, 5-7 November, Christchurch. The theme Tomorrow's World Today- innovations in surgical nursing focuses on cutting edge advances within health care and health care delivery systems.

The conference will offer a dynamic, engaging and energising professional development experience, with opportunities to gain practical insights and build professional relationships. Keynote speakers include Professor Philip Darbyshire, Chair of Nursing, Women's and Children's Hospital, University of South Australia, Adelaide; Mr Saxon Connor, Hepatopancreaticobiliary Consultant Surgeon, CDHB and Lorelei Mason, health reporter Television New Zealand. Visit www.surgical2008.co.nz to register on-line.

PDRP Conference

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'.

Log onto www.pdrp.ac.nz to register.

Glenys Baldick Memorial Award

Accuro Health Insurance, ACC and the Ministry of Health are pleased to announce the establishment of the Glenys Baldick Memorial Award for an Emerging Leader in Health. The Award of \$10,000 will fund educational and/or vocational development for the winner and is open to senior managers from ACC, the MoH, DHBs Boards, DHB-funded organisations, PHOs and health NGOs. Email Kathryn_Baker@moh.govt.nz or phone (04) 816 2400.

Congratulations to our competition winners!

Winners from last month include... Margie McKellow- one entry to Adrenalin Forest and a Family Pass to Science Alive!; Jo Starr- one entry to Adrenalin Forest. Ruddiman's Pharmacy Ltd- two picture cubes, courtesy of Image Vault.

HOW TO HARNESSTIME

PRECIOUS TIME

There are just 24 hours in each day – unfortunately we can't control time, but we can control what we do with it.

The best way to save time is to find out where we are using it and how we can make the most of it.

1. **Make a time diary:** be honest and record how your time is used.
How much time is spent on sorting your finances, using the telephone, reading and writing emails... write them all down!
2. **Decide where changes can be made and set some goals.** For example: check your emails every 30 minutes so you can get blocks of work done, without interruption.
3. **Take your goal setting one step further...** set an overall goal, such as 'feeling less stressed' or 'achieving more in your day.'
4. **Help cement your behaviour changes by tracking them over time.** Look back to see whether achieving small goals is making a difference.

HERE ARE SOME SMALL GOALS TO AIM FOR:

- Organise your work systems - reduce the time spent searching for files
- Start every day by writing up your priorities
- Set yourself a realistic time-limit for every task you undertake
- Get into a routine and stick to it - it will help you through busy times.

EMAIL OVERLOAD

We are all busy in our work and many of us feel bombarded with emails. Here are some ways to make email work better for you...

- Make sure your subject line reflects the content of your message
- Don't mark every email as equally important; people may not respond if it truly is important
- If an email is especially urgent, call to say it's on the way, and ask politely for prompt attention
- Ensure content is relevant to recipients
- Get to the point in your message- the first two sentences should state the purpose and objective
- Please be polite as bluntness can be misinterpreted
- Don't use CAPITALS- this is considered to be SHOUTING... underline or *use stars*
- Don't reply to an email message when angry as you may regret it later... visit or pick up the phone
- Personal remarks may come back to haunt you
- Too much... punctuation - makes an *email* hard to read!!!!!!
- Check first before you send an attachment over 2 Megabite.