



HEALTHBEAT

NEWS FOR CANTERBURY DISTRICT HEALTH BOARD STAFF & COMMUNITY PROVIDERS

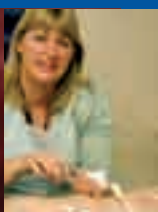
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Comment from the Chief Executive



Before I say thank you and goodbye I want to make one final appeal to you all.

Canterbury has a proud history of firsts and Cantabrians are fiercely proud and loyal because of that. I believe the time has come to recognise another first – in 1973 the first Women's Refuge in the world outside of the United Kingdom was established here in Christchurch. For three decades everyone who worked with or supported the refuge often fought against accepted societal and authoritarian views. Thirty five years on and times have thankfully changed, the general

public is now accepting of Women's Refuge, partly because of recent extreme cases of murderous abuse which have left us all appalled.

It is pleasing to note that steps along the path to a violence free society are underway. You will have seen the 'It's Not Okay' advertisements and posters, soon the CDHB will adopt the Family Violence Intervention Programme. The programme is aimed at treating violence within families as a health issue and developing policy and interventions to prevent it. Work is also being done to take the message into the workplace and into our schools.

I want to personally appeal to all who are reading this to take up the challenge at a personal level and work with and help us integrate the programme across the DHB. Very shortly a Programme Co-ordinator will be appointed, please make yourself known to the co-ordinator and ask how you can be involved.

My retirement takes effect from the middle of the month. Executive Director of Nursing, Mary Gordon will take up the reins until David Meates arrives on the 2nd of February.

I have thoroughly enjoyed the last few years here, I have been challenged and I have challenged others. In the health sector we do not always see eye to eye but we must always work side by side in an effort to provide the best healthcare for patients, their families and the Canterbury community.

Ma te Atua koutou e tiaki e manaaki

Naku noa na

Canterbury

District Health Board
Te Poari Hauora o Waitaha

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Our unsung heroes



Parking Improvement

Life is now a little easier for staff who ride to work at Christchurch Hospital. The cleanup of the bike and motorcycle stand area is the baby of one person – Christchurch Hospital Orderly Garry Coates. Last year Garry was furious after security turned him and his motorbike away, telling him to park out front with the cars because there was no room. So he set his mind to changing things, he got others on board and approached Mark Leggett, General Manager Medical and Surgical Services, with a pilot project idea to clean up the bike stand area. The project was automatically accepted. Nine to ten months later the area has been enormously improved. It can now fit 280 bikes and 18 motorbikes. A security camera has gone in and another is on the way.

Power Saving Wake-Up

Hi, I am one of the cleaners at the Heathcote Building at The Princess Margaret Hospital and I am a power saver. Yes it's me who turns off your photocopiers. I also turn off the lights in your offices. If you turned them off when you leave for the day that would be 3-4 hours less power used. Sometimes I am not in your office until 8-9pm. The heater you have as an extra might be on thermostat but that means it might have gone all night or weekend. What a waste. Same goes for the radios and computers. Just my thoughts on power saving. Thank you, Norma.

Norma Timms message is so pertinent it is being sent all over the CDHB from her office to Gordon's and everyone else's in between.

Thank You

"Recently Winnie stayed late after work to help me and I would like her to know it was truly appreciated. She is always cheerful and nothing is too much of a bother for her. Thank you Winnie!" – Natasha Capon

Winnie (Yan) Li is a Financial Analyst at the Princess Margaret Hospital.

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

Play with a purpose



Katrina Scott and her children Hunter Lily and Brooklyn.



Play With A Purpose team: Raewyn Millar, Lynne Johnson, Anne Morgan, Dorothy Lavelle

Hospitals can be scary places for children. Anxiety can easily take over making it harder for children and their caregivers to cope and for health staff to properly diagnose illness. Last month a new programme was launched to help them.

It's called Play With a Purpose and if the Scott family (featured in top photo) are anything to go by it's definitely a winner. From now on all children aged between six months and six years old who are admitted to Christchurch Hospital's Children's Acute Assessment Unit (CAAU), will be given a Play With A Purpose pack.

The brightly coloured packs contain four or five toys for children such as stressballs, playdough, bubble blowing toolkits, stickers, felt pens and a notepad. They also carry an information card for caregivers, explaining how you can distract your child while they're undergoing stressful situations in unfamiliar surroundings.

Katrina Scott says the packs are a great idea. "Toys are generally the last thing on your mind when you're rushing your child to the hospital."

Play With A Purpose was trialled in the CAAU last year. It was adapted from a similar programme operating in Emerson Hospital, Massachusetts, USA and

was put together by Dorothy Lavelle, Team Leader of Hospital Play Specialist/Playroom, and Raewyn Millar, Staff Nurse Children's Acute Assessment Unit.

Dorothy Lavelle says they knew the pilot would be a success, however they didn't realise how successful it would be. "It wasn't just the kids and caregivers who loved the packs, it was the clinicians and nurses – they've been regularly asking us when will the packs make a come back?"

Those participating in the scheme were asked for feedback and staff were asked to fill out a survey. A finding was an improvement in the relationship between the medical staff and the patient and their caregivers. Again, unexpectedly staff morale improved during the pilot. Another surprising outcome was that doctors used the items in the bag to assess the developmental age in some children.

Staff also found the packs allowed them an opportunity to talk to caregivers about the importance of playing, especially about the use of toys to distract and assist children dealing with unfamiliar procedures. This in turn led to a drop in the number of referrals to the Hospital Play Specialists.

Overall there has been a significant reduction in anxiety for the for the children and the caregivers. This is known to lead to clearer reporting on the history of an illness allowing for a more accurate diagnosis, and more compliant patients. All of this is good news for the patient.

The findings have been presented at conferences in Christchurch and in Auckland and there's considerable interest from other hospitals. Hillmorton Hospital is considering introducing the programme in a bid to help the children of patients.

Next year it is hoped a new bag aimed at 7 to 10 year olds will be added to the programme. Raewyn Millar says the intention is that eventually all children admitted, regardless of what ward they are on, will get a pack, however "we've got to work on the logistics of that".

Dorothy Lavelle says they anticipate 3,500 Play With A Purpose packs will be given out in the next 12 months. She says the programme is sponsored by Countdown (major sponsor), Buddle Findlay, Friends of Children in Hospital and Christchurch Hospital Volunteers.

20 years of respiratory relief



Relief Society members

Back row left to right Des Aldridge, Carol Aldridge, John Inkster, Carol Rankin, David Chamberlain, Sandra Yates, and Patricia Chamberlain.

Front row Jenny McWha, Nurse Educator for Cardio/Respiratory Outreach; Jenny Mullis, Sue Teague, Service Manager Respiratory Services; Maureen Trewin, Nurse Manager for Cardio/Respiratory Outreach and David Chen, Physiotherapist.



From left to right Respiratory Relief Society members, John Inkster (President), David Chamberlain, Carol Rankin and Jenny Mullis with Jenny McWha, Nurse Educator. Respiratory Services staff with Respiratory

The Respiratory Relief Society celebrates their 20th anniversary in August 2009. Recently committee members of the society met at the hospital for afternoon tea and to share how the society has helped them. The afternoon was hosted by CDHB Respiratory Services staff to thank the Society for the dedication and support it has given to Respiratory Services in Canterbury.

The society is a voluntary organisation that has been supporting people with breathing problems for the past 19 years. This includes running weekly Respiratory Relief classes in St Albans and south Christchurch. Respiratory Relief classes involve gentle exercise for people with chronic lung conditions, such as asthma, bronchitis, emphysema and bronchiectasis. The sessions are run in conjunction with the Christchurch Hospital Physiotherapy Department. People often join Respiratory Relief once they have completed the eight-week CDHB Respiratory Service's Pulmonary Rehabilitation Programme, but this is not a requirement.

"It's great that those people attending this programme are able to join the relief classes once they have finished, for ongoing support and management of their condition," says Maureen Trewin, Charge Nurse Manager for Cardio/Respiratory Outreach.

"I'm convinced that it [Respiratory Relief] keeps me out of hospital and helps me breathe and relax properly", says Des Aldridge, Society Committee member. David Chen, CDHB Physiotherapist, takes the sessions using equipment such as weights and stress balls and guides participants through gentle exercises. David believes it is "beneficial for members as they can sometimes feel isolated because of their condition and these sessions provide a support network for them."

The Society also provides more general support and education to help people manage their respiratory conditions. "It gives participants the knowledge that they are not alone and they build friendships with fellow members. I've also lost weight and walked the City2Surf three times," says Jenny Mullis, Society Committee member. The Society also organises information sessions, social outings, monthly newsletters and a walking group for its more than 130 members.

One of the next initiatives is a group walk along the Sumner Esplanade on 19 November to mark the occasion of World COPD (Chronic Obstructive Pulmonary Disease) Day 2008, with its motto "Breathless not Hopeless".

A current CDHB initiative is looking to better integrate and improve services for people with breathing problems and chronic respiratory conditions and will ensure more people can benefit from the work of the Respiratory Relief Society.

An additional key initiative will be to set up Pulmonary Rehabilitation in a community setting, which should allow for more patients to attend and allow people to better manage their condition.

20th anniversary of the Pain Management Centre



20 years ago Dr Barrie Tait's dream came true. Burwood Hospital's Pain Management Centre became a reality. Last month the unit's 20th Anniversary was held and Dr Tait was back at the unit to help with the celebrations. Here he is with current clinical director Professor Edward (Ted) Shipton.

Improving the journey for patients and staff



Susan Taylor and Terri Trousselot-Barr

Physically Toyota's headquarters are a long way from Christchurch Women's Hospital. However some of the successful carmaker's principles are being used to ensure the best possible quality of care and service is provided for the women of Canterbury.

Last year Susan Taylor was appointed co-ordinator for the Maternity Outpatient Project. Susan introduced Lean Healthcare – the successful adaptation of the Toyota Production System (TPS) principles to healthcare processes and management. TPS is all about eliminating 'muda' (waste), you do this by reducing 'muri' (overburden) and 'mura' (inconsistencies). You can get a better understanding of TPS by visiting www.toyota.co.jp/en/vision/production_system/.

A Steering Group and a Working Group were established and part of the project involved attending antenatal clinics and tracking both the clinic flow and the women's path. The understanding gained has led to a number of tangible benefits for both patients and staff.

Pam Law is a member of the steering committee (since then she has been appointed Charge Midwife – Women's Outpatients), "as with all change there are some who take longer to adapt than others, but in general staff are happy that the changes have been made."

Following the review of the triage system, it was decided the process needed to be streamlined. Pam Law now manages the triage list in consultation with the senior obstetricians. She ensures women are coming to antenatal clinics for the right reasons and that information such as blood test results and ultrasound reports are sent in with the referral and are available at the time of the appointments. The change has led to a reduction in the number of patients attending clinics, this is in

spite of Canterbury's growing birthing population.

Double booking of appointments no longer occurs as space has been created within the appointment system. These changes have led to a reduced wait time for clinic appointments and reduced the pressure for administration staff to find appointments for women within an overbooked system. Administration Assistant Terri Trousselot-Barr says, "we no longer have to rebook patients. Midwives are now informed of the appointment time frames whereas before they kept ringing and ringing to ensure their patient got seen. It's made our job manageable and we're all the happier for it."

To assist clinic flow each room was equipped with the necessary equipment such as sphygmomanometers, stethoscopes and sonicaid. Specialists no longer have to go into the hallway or into another room to find equipment during a consultation.

Another area of focus was on the information provided to the patient. Susan Taylor says staff had fun going through and throwing out patient information and flyers that were long past their use-by-date. "Patients now receive the most up-to-date, relevant, succinct and understandable health information available."

These are just some of the changes which have led to an improvement in the service provided and in the working environment.

The project ran from October 2007 to July 2008. The final report was released in August and since then the Gynaecology Outpatient area has taken up the Lean Healthcare challenge with Angela Mills as Project Facilitator. Other wards within Christchurch Women's Hospital also have projects in progress. Susan Taylor says "the improvements are exciting and it's great other departments are taking it up".

Catheter-associated infection research: surprise results



Joanne Sanders

A research nurse specialist with the Haematology Department at Christchurch Hospital has produced a study result which is likely to radically improve catheter-associated blood stream infection rates in immune-suppressed patients, and save lives.

As part of her Masters in Health Sciences through the University of Otago, Joanne Sanders has shown for the first time that by using diluted ethanol (pharmaceutical grade alcohol), catheter-associated infection rates (CABS) in patients having chemotherapy had four times fewer infection episodes compared to conventional methods.

“It’s a very exciting result albeit within a relatively small sample of 64 patients,” she says. “However it’s generated a lot of interest both here and overseas as bloodstream infections can be life-threatening for patients who’ve been immuno-suppressed during chemo for leukaemia or for those who are having a bone marrow transplant.”

The research, which was supervised by Drs Peter Ganly and Alan Pithie, looked at two groups of patients; 34 had ethanol locked into their central venous chest catheters for two hours every day to prevent CABS, while 30 were given conventional treatment using a heparin saline solution.

“What really surprised us when we analysed the results was not that the patients with ethanol-lock catheters had fewer infections, but that the difference was so huge. Only 9% of patients administered ethanol developed infections in the blood, but in contrast four times as many, 37% of those who had the heparin saline solution, developed bloodstream infections. These patients then had to be treated with antibiotics or have the catheter removed and a new one put in; which is much more problematic in patients who’ve had their immune systems suppressed.”

Joanne says the ethanol seems to work really well because it attacks all bacteria lodged in the biofilm on the inside of the catheter. Not like conventional antibiotics which only ‘kill’ certain bacteria and have nowhere near the wide ranging ‘hit’ rate of ethanol. “The big plus is that it’s cheap at about \$4 per patient per day; much cheaper than trying to deal with infections in seriously ill patients.”

This is the first study in the world to demonstrate the effectiveness of ethanol as a catheter-associated blood infection tool and the results have attracted interest from the USA and Australia.

The study has been published in the Journal of Antimicrobial Chemotherapy and was funded by the Canterbury District Health Board.

The long road to recovery



Shane Thrower

Competing in the Coast-to-Coast six times is an achievement most people will only ever dream of. For many people doing it again could only be considered nightmarish. However for Shane Thrower it is what he does and brain injury or not, it never ever stops him from doing what he loves – living life to the full.

After conquering multi-sport Shane moved on to the longer version of adventure racing – he did the Southern Traverse four times. He had just made up his mind to take on the NZ Ironman when he was knocked from his bike by a car travelling at 100 kilometres an hour. “I tried to go through the windscreen,” he laughs, “however I ended up smashing it and going over the top”. He later learnt the driver’s vision was impaired by the afternoon sun and when she hit him she thought she’d struck a green wheelie bin.

Shane was in a coma for four days and in intensive care for two weeks, he reckons he came back into the “new world” six weeks after the smash. His ‘new world’ involved a few months in Burwood Hospital’s Brain Injury Rehabilitation Unit.

Recovery from a brain injury is a long slow process. Shane still needs sleeps in the afternoon, especially after engaging his brain. “I never used to understand how office workers would say they were tired after work, I was only ever tired from physical exertion, but now I understand.”

This month Shane will take eight of his students and run them through the Coast-to-Coast course over four days. He teaches at the Kimihia Adventure Programme, a Linwood College satellite school for troubled youth. “I used to work as a cookery instructor in Christchurch Prison, after nine years I decided to

retrain as a secondary school teacher in a bid to prevent more kids from ending up behind bars.”

It’s all preparation for his seventh Coast-to-Coast, next year he’ll take on the two-day event. Recently Shane returned from Canada where he competed in the seven-day TransRockies mountain bike event, “fatigue wise, it was a real tester to see how I would get on as this was my first big multi-day race in the ‘new world’. It also meant I got to race in an international event again, which was one of my goals.”

Shane remains extremely positive, only allowing positive people to be around him, he knows his life has a purpose and he aims to achieve all he can with it. “I got cancer back in 1997 and I used natural medicines and a positive mindset to help fight it off. I knew it was a precursor, that something bigger was coming my way. It gave me the skills needed to live with a brain injury. Yes my life has changed, but it has changed for the better. I am now married to a beautiful woman, Patsy Bass, who shares the same life values as me.”

Shane’s energy is contagious and as someone living with a brain injury he needs the extra energy to get through each day. He’s incredibly grateful to all the people who have helped him and expresses that through his work and play. He helps out with the Brain Injury Association, does public speaking and in 2004 he and a group of friends raised \$45,000 for the ‘Living Room’ at Burwood’s Brain Injury Rehabilitation Unit.

To keep warm in winter you need to act in summer



community energy action

charitable trust

insulation work completed in January and February 2009, plus a three month interest-free payment option, with the first payment in March 2009.

To make a booking for a free, no obligation quote call 374 5698 or email info@cea.co.nz.

Plastic window insulation kits act like double glazing but at a much more affordable cost. Kits are available in three sizes and prices range from \$9.50 to \$13.40. Summer is the best time of the year to install plastic window insulation because your house is drier than in winter, which helps prevent condensation forming between the plastic and glass.

This year CEA surveyed 54 customers who purchased CEA insulation kits.

- 85 percent of those said the plastic window insulation was effective at improving warmth and comfort, and in reducing condensation.
- 89 percent of those surveyed said they'd buy them again.

You can buy them online at www.cea.co.nz, or by visiting CEA at 198 Armagh St, or by calling 374 5698. Don't forget to measure your windows first!

CEA's Curtain Bank supplies curtains to more than 250 homes every year. If you are redecorating your home, or replacing your existing curtains, gift your old curtains to the Curtain Bank and they will be lovingly sorted, lined and given away next winter to one of the many homes in need.

You can donate curtains or curtain rails by dropping them off at the Curtain Bank, 198 Armagh St between the hours of 9am and 5pm.



CEA insulation installer Cole Philpott

Summer special

With warm weather arriving we all can be forgiven for forgetting the snow, the frost and the cold. It's easy for those who live in warm homes to forget, but not so those whose homes are cold, draughty and damp.

Everyone knows a warm home is a healthy home. Yet for many keeping it that way or making it energy efficient is beyond their means.

That's where Community Energy Action (CEA) steps in.

Many people do not realise ceiling insulation effectiveness drops off with age. If your insulation is over 15 years old it needs a check up. CEA can not only check your insulation for you, but may also be able to provide financial assistance for home owners and landlords to make cold houses built before the year 2000 warmer and more energy efficient.

For those who do not qualify for financial assistance, CEA is offering a 'summer special'. It is available for Christchurch, Rangiora and Kaiapoi residents. You get a 5% discount on

Ode to a coolstore

There once was a pharmacy coolstore
That cried out, "enough, I want lots more...
Of shelves, and of space,
I can no longer face,
That there's stock spread all over my floor"

I tried breaking down as a protest
I thought it might get sym-path-y
But alas it did not
And all that I got
Was grief from our beloved DHB

Funding, it seemed, was the problem
Our budget just had to be met
But my turn came round
The money was found
To expand me, and all free of debt

The workmen moved in right on schedule
They ripped me apart with aplomb
But come look at me now
It's time for my bow
And business resumes from now on.

Penny Wilson, Pharmacy Technician

Underneath the moustache, coat and gloves is Pharmacy Manager Paul Barrett at the official opening of the expanded coolstore. Staff then filed into the chiller one at a time to receive an ice-cream from two very chilly Chilean staff members. Then it was on to a cool morning tea in the staffroom, the highlight of which was a marshmallow igloo!



Hanmer Marble used to create sculpture



Me Haere Ngātahi Tātou Ki Mua – Moving Forward Together, is the name of the sculpture of a heart shaped piko (unfurled frond) that was presented to Ngai Tahu earlier this year. The piko represents growth and new life and it conveys a message of hope for Ngai Tahu who live within the Canterbury District Health Board's rohe (area of responsibility).

Back in March the sculpture was gifted to Ngāi Tahu following the signing of the Memorandum of Understanding between CDHB and Manawhenua Ki Waitaha – a collective of seven Ngāi Tahu runaka. The agreement commits

both parties to regular meetings so hapu can participate in CDHB's processes of planning, funding and delivering health services in the rohe. In a sign of the high value Ngai Tahu places on the relationship a piece of pounamu was sliced in half, one half is held by the CDHB, the other by Ngai Tahu.

CDHB Arts Advisor Marcy Craigie is the brains behind the sculpture. The concept came from the panels in the foyer of the old Christchurch Women's Hospital which is currently being demolished. "Originally I wanted to sculpt the piko from the panels, however they were too thin and Hanmer Marble is too soft – it's made from limestone and volcanic ash. So I sourced the hardest stone in the world, Indian black granite, in a bid to represent eternity, integrity and commitment."

The heart shaped piko is supported by Hanmer Marble, it was crafted by stonemasons from Decra Art, some of those who worked on it actually installed the original panels at Christchurch Women's Hospital. The piko is now at home in the office of Mark Solomon, kaiwhakahaere of Te Runanga o Ngai Tahu.

Editor's note: The best examples of the panels in the foyer of the old Christchurch Women's Hospital have been removed and are in storage at Princess Margaret Hospital for future use. You can still see Hanmer Marble panels up close in the foyer at Princess Margaret Hospital.

Canterbury surgeon honoured



Rob Robertson

Canterbury District Health Board General Surgeon Rob Robertson has received a special medal from the Royal Australasian College of Surgeons (RACS) in recognition of his contribution.

Rob was presented with the RACS medal at the College's New Zealand Annual Scientific Meeting in Palmerston North. He is one of only 14 New Zealanders, and the only Christchurch-based surgeon, to be presented with the medal, which recognises "distinguished

service" to the college. "Receiving the award was quite a surprise; I was quite chuffed really," he says.

Rob is a surgeon at Christchurch Hospital and also works in private practice. He was appointed Consultant General Surgeon at Christchurch Hospital in 1984 and remains in the role until this day. Rob was President of the New Zealand Association of General Surgeons from 1999 to 2001 and also represents the Association on the College Board of Professional Development and Standards. He also served an eight year term as an elected member of the New Zealand National Board of the College and has also been involved in the Division of General Surgery, both on the New Zealand Committee and also as the New Zealand representative on the Division's Executive.

Celebrating the spirit of service



Nominations are now being sort for the annual IPANZ-GEN-I PUBLIC SECTOR EXCELLENCE AWARDS.

It's the second year the awards, which are sponsored by the Institute of Public Administration New Zealand and Gen-I, have been held. The inaugural award evening was held in Te Papa earlier this year. The overall supreme winner was the Ministry of Social Development for Improving Outcomes for Young People in Counties Manukau (Youth Gangs). The four year project is aimed at improving outcomes for youth and reducing youth gang activity. It is a partnership between the Ministries of Social Development, Justice, Education, Health and Youth Development, and the Police. The aim of the partnership is to interrupt offending behaviour by reconnecting young people with their communities by way of employment, education or training.

You can check out the awards and download an application form from www.ipanzawards.org.nz Entries close on 28 November 2008.

New Director of Midwifery



Sam Burke

A new position has been created to look after the professional development of midwives in Canterbury.

The new Director of Midwifery is Samantha Burke. Sam, as she is known, is originally from the United Kingdom where she trained as a midwife. She then worked in the UK and Gibraltar before travelling with her now husband. They ended

up in Gisborne in 2000. She became a New Zealand citizen while working at Gisborne Hospital, where she stayed for about four years. The couple then headed across the Tasman where Sam took up the role of Midwifery Unit Manager at Townsville Hospital, Queensland. After four years in the dry tropics Sam applied for the CDHB role. Sam's sister who lives in Wellington had recommended the Garden City to her and she knew on her first visit that she wanted to live here. "We have a one year old and a three year old. We love the seasons and the outdoors, that's why we're here," says Sam.

Sam had only been in the job two days when Health Beat called on her and found her still getting to know the hospital and the city. She's bubbly and chatty, and describes herself as determined and assertive. Sam is champing at the bit to get on with her new role, "other specialities have had people doing this role for years, it's about time midwifery had one as well," she says.

The role will see Sam focus on providing leadership for midwives and promoting professional development. Assessing where midwifery is at and where it is going,

she'll keep ahead of the latest research and evidence, ensuring midwives in the Canterbury region are supported in their practice. To do this Sam plans to develop strong links and liaise closely with tertiary providers, the New Zealand College of Midwives and the Midwifery Council, as well as developing a collaborative network with the multidisciplinary hospital team. "It's an exciting place to be, in a newly created role!"

Disability resource now online

It's now easier for health professionals to ensure they are providing the best care possible for patients with disabilities following the launch of the CDHB's new disability resource.

Two years ago, CDHB Chief Executive Gordon Davies directed staff to create the resource following feedback from family members of disabled patients.

The resource is a collaboration of work by CDHB and CPIT and took 18 months to put together. It draws on the work of many others from throughout Australasia including groups and family members who advocate on behalf of the disabled.

The "CDHB/CPIT Supporting the needs of people with disability in hospital: A resource for health care staff", by Caroline Mohr and Chris Tauga was launched last month. It is now available on the CDHB intranet at <http://intraweb/nursing/disabilityresource/mainpage.htm>. Despite coming under nursing it is a resource for all health professionals.

There are plans to publish on the wider internet and other district health boards have expressed an interest in the resource as well. It also comes in booklet form and can be purchased through Supply by Oracle – Non Catalogue request.



NZ Safety Week winner

Murray White, Maintenance Supervisor Burwood Hospital is congratulated by Corey Stewart, ACC Injury Prevention Consultant and Carole Peterson, CDHB Health and Safety Manager. Murray won the ladder in the NZ Safety Week competition "Safety begins in the Home".



Nutrition and physical activity ideas!

Go to www.heal.org.nz – revamped site to be launched on November 17, for more information check out the intranet.

Comings and goings...

> Kate Leech and Fiona McCulloch

Kate Leech and Fiona McCulloch from the Physiotherapy Department, Christchurch Hospital have been appointed to the roles of Departmental Lymphoedema Resource Persons. Kate and Fiona have undergone formal complex physical therapy training involving the management of people who suffer from Lymphoedema. They both have an ongoing passion to raise public awareness of Lymphoedema and better manage people who suffer from it. Kate and Fiona's new roles will be additional to their existing clinical duties.

Kate and Fiona will consult staff over the phone, screen patients

and run face-to-face education sessions for inpatients diagnosed with Lymphoedema at Christchurch Hospital.

The Physiotherapy Department looks forward to Kate and Fiona beginning in their new roles.

> Diana Grice

Diana Grice has resigned from the position of Operations Manager, Specialist Mental Health Service.

Diana says it has not been an easy decision to reach as she has truly enjoyed her role and will always be proud of having been the Operations Manager for SMHS.

What's up...

November

November

5 + a Day Month – www.5aday.co.nz

1-7 Parkinson's NZ Awareness Week – www.parkinsons.org.nz

3-5 Innov'08 Conference – www.innov08.org.nz

4-10 Leukaemia and Blood Foundation Awareness Week – www.leukaemia.org.nz

5-7 10th Biennial National Surgical Nurses conference 2008 – www.surgical2008.co.nz

6-7 Festival of Cycling – www.festivalofcycling.co.nz

7 Push Play Day – www.activecanterbury.org.nz

7-15 Cup and Show Week

8 General Election

10-16 SunSmart Week – www.sunsmart.org.nz

14 World Diabetes Day

18-24 Diabetes Awareness Week – www.diabetes.org.nz

25 White Ribbon Day – www.whiteribbon.org.nz

December

1 World AIDS Day – www.converge.org.nz/pma/waids.htm

3 International Day of the Disabled Persons – www.beehive.govt.nz/node/27939

5 International Volunteer's Day – www.volunteeringnz.org.nz

10 Human Rights Day – www.hrc.co.nz/home/hrc/newsandissues/nzschoolas/humanrightscommunities.php

17 End of Term Four (secondary)

19 End of Term Four (primary and intermediate)

24 Holiday Road Toll period starts

25 Merry Christmas

26 Boxing Day

31-31 March Summertimes starts – www.summertimes.org.nz/2008/

31 New Years Eve

Oral health hui



The Canterbury District Health Board (CDHB) is funding a three-year initiative that will aim to improve oral health among children under five years old.

The CDHB has contracted Canterbury Community Primary Health Organisation to deliver the initiative on behalf of Canterbury's five primary health organisations (PHOs). A key

focus of the service will be to encourage preschoolers and their families to adopt good oral health habits and to access dental therapy services in Canterbury. Oral health services in Canterbury are free to children under 18 years old.

The Canterbury Community PHO held a hui at the Oxford Tce Baptist Church last month. Those attending were asked how they thought the initiative should be implemented and what strategies were needed to achieve the best outcomes. They were also asked to identify other stakeholders in the initiative and how best to communicate with them. Feedback from the event will help Canterbury Community PHO Health Promoters Louise Matson and Nicola Wilmot to develop an implementation plan.

Health Promoter Louise Matson says the initiative will be collaborative, with stakeholders including General Practice, Well Child/Tamariki Ora providers, community organisations and early childhood education providers.

She says the aim is to encourage good oral health habits in childhood, with evidence showing this leads to people having healthier teeth as adults. Figures show that 42% of children under five years old in Canterbury have tooth decay.

"As soon as the first tooth breaks through the gum, there is a risk of decay so it's important children have the opportunity to access dental therapy services and to develop good oral health habits when they are very young," she said.

Philippa McQueen, CDHB Planning and Funding Acting Primary Care Portfolio Manager, says the initiative will support General Practice teams, Well Child/Tamariki Ora providers, early childhood education providers and other community organisations to raise awareness of the importance of oral health among children and their families.

"For example, when a child visits their General Practice and the doctor is looking at their throat, or a nurse is giving a vaccination, it's a perfect opportunity to ask the child or their parent: 'have you been to a dental therapist?'"

Free oral health checks are available for children from 15 months old, which coincides with one of the free childhood immunisations from General Practices.

The under-five oral health promotion initiative will run alongside a similar service for adolescents, which has been recently been extended for another three years.

LOUD SHIRT DAY



Rod Smith (won loudest Shirt) Marion Dever, Bo Tindall



Judges: Joy Sixtus and Marcy Craige



Graham McQueen, Allan Katzef, Murray Tasker (won bravest shirt)



Karen Hawke (Louis Vuitton award) and Marcy Craige (Judge)



Christine Martin, Sharryn Jowitt, Nicola Cameron, Karen Hawke, Marilyn Ollett



Winner: Lauren Scott cutting cake



Sharryn Jowitt and Karen Hawke

