

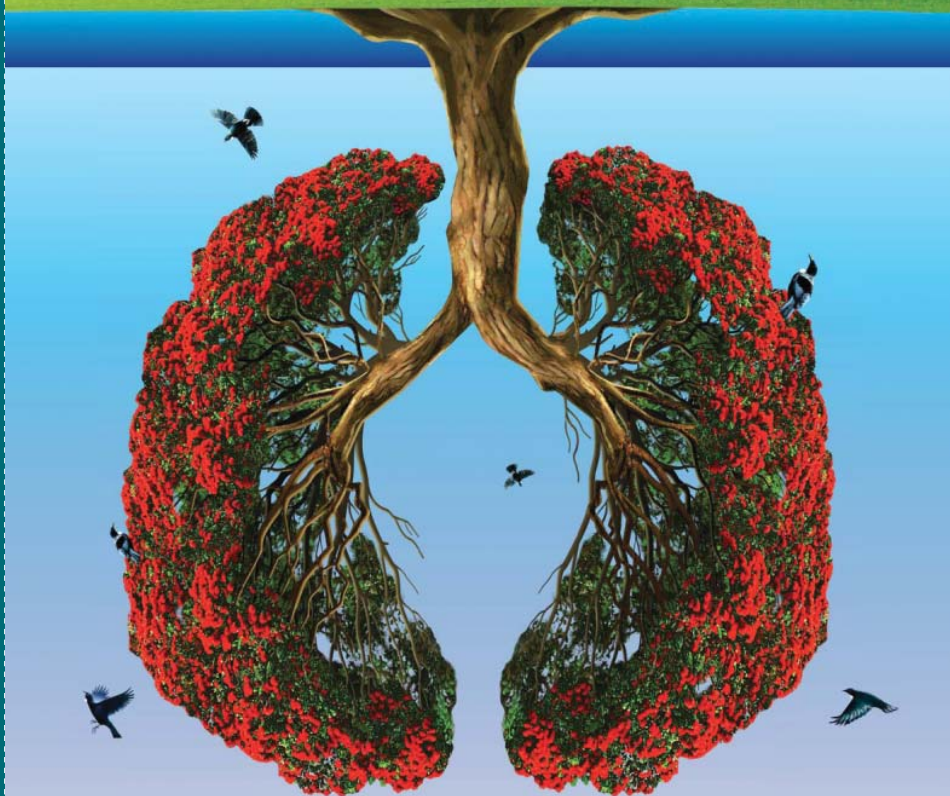


HEALTHBEAT

NEWS FOR CANTERBURY DISTRICT HEALTH BOARD STAFF & COMMUNITY PROVIDERS

Become Smokefree

ME MUTU - KIA KAHA
GIVE QUITTING A GO
YOU CAN DO IT!

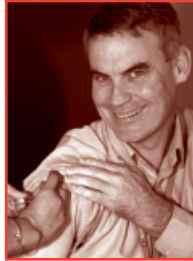


31
MAY **WORLD SMOKEFREE DAY**



	<p>Canterbury DHB marks Smokefree day</p> <p>page 5</p>
	<p>Books for babies</p> <p>page 9</p>
	<p>Travel changes guide</p> <p>page 11</p>

Comment from the Chief Executive



With the recent balmy weather we've been experiencing, it's hard to believe that winter is just around the corner. However, planning is already underway to determine how we as a health system will deal with the expected rise in illnesses and work to prevent increased admissions to hospital during winter.

While various parts of our health service already have their own plans in place to cope with additional demands during winter, this year the CDHB is taking a "whole of system" collaborative approach to its winter planning. Along with collating information about the strategies in place across its hospitals for dealing with winter demand, the CDHB has invited Primary Health Organisations, General Practice and other Community Providers to include information about the measures they will take. The aim of a more comprehensive approach is to ensure that Canterbury people remain well and that those with moderate illness are managed in the community, reducing the need for unnecessary hospital admissions and, subsequently, delays for the seriously unwell.

Planning is focused on three main areas:

Keeping people well. For example, by encouraging them to have influenza vaccinations, supporting them to live in healthy warm housing and providing information about how to limit the spread of communicable diseases, such as influenza.

Using primary care to care for the moderately ill supported by community-based services (for example, ensuring people can be cared for at home).

Making sure Christchurch Hospital has appropriate resources in place to care for the seriously ill during the high demand winter months.

Our Planning and Funding team is currently collating information about the different strategies in place, which will then be developed into an overall plan.

Canterbury
District Health Board
Te Pōari Hauora o Waitaha

Unsung Heroes

Chrissy Bond

Chrissy a Clinical Nurse Specialist and Nurse Educator has been singled out as being without exception welcoming, generous with her resources (human, time, knowledge

and humour, to mention a few) and happy to share a few "tricks of the trade" with new staff.

The gynaecological service has benefited from her practical approach to situations where her unique expertise is required.

In addition Chrissy does volunteer work in the Pacific Islands.

We are most fortunate to work with colleagues of such high calibre as herself.

Bi-Monthly Check Up: Your Health & Safety

Injuries to Staff in and Out of the Workplace

Canterbury DHB manages its own workplace injuries through the ACC Accredited Employer Programme. Non work related injuries continue to be managed by ACC.

This programme means the Canterbury DHB is responsible for the rehabilitation and financial management of employees' work related accidents and provision of entitlements under the Injury Prevention, Rehabilitation and Compensation Act 2001. Benefits include the opportunity for more effective rehabilitation of injured employees and greater ownership of injury prevention.

To assist with the management of the programme, CDHB has contracted a Third Party Administrator called Wellnz. Their role includes registering and administering claims, assisting with cover decisions and monthly reporting to ACC.

Designated Canterbury DHB Rehabilitation Advisors will work with injured employees and their Line Managers to manage the rehabilitation of any workplace injury. Those involved in rehabilitation may choose to have whanau/family, friends, unions or workplace support services to support them during the rehabilitation and return to work process.

The Rehabilitation Advisors are also able to assist ACC with our staff's return to work following a non-work injury. They can liaise with ACC, the Line Manager and the staff member to help our person recover as quickly as their injury allows.

Information about entitlements, rehabilitation and return to work, disputes process and the claimant code of rights is also available from the Health and Safety intranet site located under Human Resources or you can contact a Rehabilitation Advisor:

Debbie Lester 337 8973 or Ext 68973

Tell us about your news and events!

Email naomi.gilling@cdhb.govt.nz ext 66843 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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Realistic Emergency Obstetric Training



From left, John Short, obstetrician, Sue Nicoll, anaesthetist, David Cole, physician

A new concept in team training for Birth Suite staff caring for women and their babies who experience an emergency situation during pregnancy or childbirth has been introduced at Christchurch Women's Hospital.

The 'PROMPT' (Practical Obstetric Multi Professional Training) course uses short refresher lectures alternating

with realistic life-like scenarios to train midwives, obstetric doctors and anaesthetists to manage emergencies as a team.

The scenarios, which are held in the Birthing Suite, are as close as possible to real life, with staff actresses who 'bleed', 'collapse' or have 'eclamptic' seizures.

Acting Clinical Director of Obstetrics Dr Sharron Bolitho, and Midwifery Educator Tina Hewitt say the course is being extensively used in maternity hospitals throughout the British public health system.

Several published studies show this type of training improves outcomes for mothers and babies; for example after training there were fewer nerve injuries to babies' arms after a shoulder dystocia emergency (where a baby's shoulder becomes lodged during the birth process).

PROMPT allows the whole team to work together in a realistic clinical setting, reinforcing the importance of effective communication and teamwork.

Excellent feedback was being received from course participants and Canterbury DHB staff are sharing the course with the Otago DHB, they say.

First anniversary of Consumer Council



Front Row: Leanne White, Jill Waldron, Keith Gibb (chair) Gloria Weeks, with Bellamy, Elizabeth Miller. Standing: Seulata Fui-Moagutuuli, Gythlian Loveday, Jackie Girvan, Beth Nobes, Maureen Arthurs, Renee Sides. Absent: Richard Davison, David Lamb, Donald Pettitt, Robyn Rainey

The Canterbury DHB Consumer Council celebrated its first birthday in March.

Over the first 12 months, the Council has focused on understanding the Canterbury health system, how CDHB functions as an organisation and how the Council can work with it to ensure a consumer perspective is integrated in all aspects of health service development and delivery.

The Consumer Council has an advisory role to the Chief Executive; it sits alongside the Clinical Board and supports the organisation's vision and values. Each member brings a broad perspective to the group. It is not a lobby group but is responsible for receiving and disseminating information from the Canterbury DHB to consumer groups and Council representatives.

The Council is involved in gaining an understanding of the complaints process to ensure that it is consistently applied across all aspects of our health system. They are also part of a working group looking at how care is provided at the end of life and how it can be managed based on individual choice. Two Council members are involved in the Canterbury DHB's 'Seeing 2020' workshops and one has been appointed to the Canterbury DHB Quality and Patient Safety Council.

The Council has recognised refugees and migrants as a group in our community that is not well represented. Work is underway to include a person that can bring this perspective to the Council.

To contact the Canterbury DHB Consumer Council, please email healthservicesplanning@cdhb.govt.nz, or phone (03) 364 4160.

Winter Warmth advice

Winter is the time when cold damp household conditions can result in a rise in illnesses and disability and consequently in overloaded hospital and community health services.

Please consider whether this might be an issue for your patients and clients when you are planning their discharge this winter. All patients should be asked "Is your home cold or damp?" before they are discharged.

People may be having difficulty affording to heat key rooms in their home/flat to a comfortable temperature (16 - 21 degrees Celsius). Health Promoter, Ann Currie, is available to advise staff.

If for example the main issue is low income, Ann can help staff direct their patients to Work and Income so welfare entitlements can be checked. Power companies are able to guide their customers in ways to spread their heating costs.

If we can all help to keep these people warm and well it will make a huge difference to managing pressure on services including the hospitalisation rate in the winter, Ann says.

Colposcopy research linking effects of smoking



Registered Nurse Jill Lamb

Research by Christchurch Women's Hospital, Registered Nurse Jill Lamb indicates a link between smoking and the frequency of colposcopy visits,

twice as likely to develop cervical cancer when compared to non-smokers.

Jill's study tracked 494 new patients attending CWH's colposcopy department in 2001 and observed their data for six years, comparing smokers versus non-smokers.

The results identified women who smoked were more likely to need a third follow-up visit and more likely to need further treatments to remove abnormalities compared to non smokers.

Maori women were also found to have lower attendance than non-Maori women and as a result a Maori women's colposcopy clinic has been established in conjunction with He Waka Tapu and Canterbury Cervical Screening. The results of Jill's study support the maintenance and development of the smoking cessation clinic for colposcopy patients at CWH where the link to cervical abnormalities and smoking is explained and smoking cessation options are offered.

The study results highlight to women and health professionals that colposcopy treatment has a greater chance of success, alongside less colposcopy treatments when women are smoke free.

treatments and referrals.

Jill's research, carried out for a Clinical Masters in Nursing revealed that women requiring visits to the colposcopy department with ongoing treatments to the cervix and referrals post discharge were more likely to be cigarette smokers.

Nearly 45 per cent of patients in the study were current smokers, compared with about 23 per cent of women smoking in Canterbury (Ministry of Health figures for 2004).

Many women attending for colposcopy are unaware that cigarette smoking is a risk factor for cervical abnormalities, says Jill. However research shows women identified with Human Papillomavirus (HPV) who smoke cigarettes are

New Smokefree coordinator helping people to quit



Helping people who smoke to quit is the most effective thing you can do to improve their health and wellbeing, says Canterbury DHB Hospital Smokefree Co-ordinator Sue Stevenson.

"Every year smoking kills around 5000 people in New Zealand, and over 500 of these would live in the CDHB area. Then there

is all the illness and disease that smoking either causes or exacerbates. Quitting can be hard, but the payoffs are immense."

Sue, who worked as a nurse for many years at CDHB, started her new role as Hospital Smokefree Co-ordinator in late 2008. She became interested in smoking cessation after seeing the effects of smoking in patients at Respiratory Outpatients. She says her new role is an opportunity to really impact on smoking rates. Her focus is on setting up efficient and user-friendly systems for health professionals to deliver ABC (Ask, Brief Advice, Cessation). But Sue, who has a real love of working with patients, says she will

happily work alongside nurses if needed.

Most people who smoke start when they are young – the average age is 14 years.

"They underestimate the addictive nature of tobacco, they get hooked and then spend many years of their life trying to overcome the addiction."

Quitting is not just a matter of willpower, although a small number of people do successfully quit 'cold turkey'. But around 98% will relapse, many within a week. "Quitters can really increase the chances of success by using medications such as Nicotine Replacement Therapy (NRT) which deal with the immediate withdrawal effects."

Cessation programmes also help people deal with all the rituals, behaviours and habits which make quitting difficult, says Sue. Most Christchurch GP teams provide a great cessation programme called PEGS, there is the Aukati Kai Paipa programme for Maori, and Quitline provides an excellent telephone support service which anyone can access. All health professionals have a role to play by instilling in their patients the belief that they CAN quit, by motivating them, and by providing NRT and cessation support information.

CDHB staff who smoke are encouraged to contact Sue (80263) to talk about quitting options.

Canterbury DHB marking World Smokefree Day

CDHB staff will be supporting World Smokefree Day (WSFD) with a stall in the Christchurch Hospital foyer on Friday 29 May.

Community and Public Health's Smokefree staff will be giving out Smokefree material and quitting information to hospital staff and visitors to highlight the benefits of being smokefree/auahi kore. The team has also developed a series of hard-hitting posters which tell the stories of people affected by smoking and will be displayed in the foyer on WSFD.

The theme of this year's WSFD, which will be held across New Zealand on 31 May, concentrates on the importance of giving quitting a go (Me mutu – kia kaha/Give quitting a go – you can do it!).

The theme provides an opportunity to focus on supporting those on their quitting journey, and the importance of friends and family/whanau in helping them along the way. It is also a call to create and strengthen both the environments that help people to quit and to stay Smokefree – smokefree homes, cars, marae, outdoor areas, social and cultural events, and a chance to emphasise the policies and practices that help people to quit.

*The CDHB's Smokefree policy, which outlines the fact that all CDHB buildings and grounds are smokefree, is being updated and re-launched to coincide with WSFD. More details of the updated policy will feature in next month's Healthbeat.

Canterbury DHB staff trained in nicotine replacement therapy with E Tool



Canterbury nurses and other health professionals are being encouraged to complete a new internet-based training module that will authorise them to provide Quit Cards for patients trying to become smokefree.

The internet-based e-learning tool for health professionals at www.smokingcessationabc.org.nz is user-friendly and provides practical information about how they can incorporate the principles of the new ABC programme (see previous page) into their everyday practice. The tool also aims to make NRT more accessible to patients by enabling all registered nurses to become Quit Card providers after they have completed it. Until now, only health professionals with prescribing rights and people who have had special cessation training have been able to issue Quit Cards. The e-learning tool takes only 30 minutes to complete.

Quit cards are redeemed for a small cost at pharmacies for nicotine replacement therapy (NRT) - an effective aid to support people who want to quit smoking.

The new programme encourages health professionals to 'ask [patients] about the elephant' because smoking is 'too big to ignore'. The elephant metaphor represents an obvious truth that is being ignored or left unaddressed,

with the elephant, in this case, being smoking.

CDHB Smokefree Manager Vivien Daley says health professionals play a key role in helping people who smoke to quit – both by encouraging them to try quitting and by offering NRT as a support. A robust body of research shows that using NRT during the quitting process doubles the chance of success.

"People are often more receptive to the idea of quitting when they are in hospital because of their general state of health. If health professionals identify smoking as a health risk, show their concern and talk to patients about their smoking, research shows it does have a significant effect. This intervention does not have to take much time – even 30 seconds of advice can be effective."

"This training module is really accessible for health professionals as it can be accessed at home, at lunch-time or anywhere people can find a computer to use. It gives the basic facts around cessation, it qualifies nurses to complete Quit Cards and it can be used for nurses' Professional Development Recognition Programme (PDRP). "It also facilitates the ABC processes we are setting up in the hospitals to encourage staff to ask patients if they smoke, to offer them advice on how to quit and to offer cessation information and support. Providing Quit Cards at discharge is an essential part of that support."

*Patients and staff who redeem their Quitcards at the Parkside Pharmacy in Christchurch hospital are provided with NRT free of charge, thanks to funding from Partnership Health Primary Health Organisation.

*CDHB staff who complete the e-learning tool are encouraged to contact Sue Stevenson (ext 80263) for Quit Cards if they cannot find a supply in their wards.



A big load of laundry

If you have children you probably feel your washing machine is always going. The sounds of it spinning and agitating is often in the background of family life at home.

Imagine then a washing machine which processes 1.5 tonnes of linen an hour like the largest one at Canterbury Laundry Service (CLS) which operates 50 hours a week. CLS washes more than 20,000 sheets, 30,000 towels and 20,000 pillowcases weekly. CLS spends more than a \$1 million on electricity, diesel and gas annually and provides a service to more than 200 customers outside Canterbury

DHB.

The company also has a smaller laundry which cleans items such as uniforms, hospital curtains and bedding, surgical scrub suits, and surgeons' gowns. CLS also repairs linen and manufactures some small items such as nappies for premature babies and some items used in operating theatres such as glove towels. Trainee nurses visit as part of their education to show them what happens to linen used in hospitals.

General Manager Bruce Humphreys says the company started in 1993 as a fully fledged business after previously being part of Christchurch Hospital. It is now a fully owned subsidiary of CDHB and all its profits go back to CDHB. As well as being a supplier to CDHB, they also service most of the motels in Christchurch as well as top hotels including The George, the Millennium Hotel, Terrace Downs Resort and others. Five trucks are on the road every day collecting and delivering linen.

CLS receives up to 20 calls a week from people looking for lost property. Items found include everything from stainless steel bowls, engagement rings, surgical instruments, name badges, false teeth, rosary beads, and bracelets to cellphones.

Each year the company surveys its hospital customers and about half reply. Bruce says he considers the surveys really important.

"They give us good information about what they think about our service and we do make changes as a result."

New research office launched

Research is a fundamental part of our organisation and facilitating this process has numerous benefits.

After recommendations to the Clinical Board and Chief Executive, a Research Committee was established to foster, encourage and promote health and medical research across all professional disciplines within the CDHB.

As the University of Otago has a well established Research Office, and both organisations work closely together, it was agreed to develop a joint research office with the University of Otago, with a dedicated Canterbury DHB Research Advisor.

The joint Canterbury DHB/University of Otago Research Office is managed by Virginia Irvine and new to the Research Office team is science graduate Emily Oughton who is the dedicated Research Advisor for CDHB.

The Research Office is located on the 5th Floor of the University of Otago, Christchurch School of Medicine building, and will be the central liaison point for all research carried out within the CDHB. Emily, with guidance from Virginia, will be responsible for assisting researchers with the required processes necessary for carrying out research. Not only will this provide assistance to researchers and

save unnecessary and multiple handling of documentation, it will also ensure that the researcher and CDHB have completed the correct documentation and obtained the correct approvals.

For CDHB researchers, the office is a goldmine - nothing short of a one-stop shop for research support. It has a strong electronic presence, including a Research Register, via the UOC website and CDHB Intranet.

"In many ways, we're like a liaison point," says Virginia. "It makes for stronger collaborations because we can connect people doing research in similar areas".

At the same time, we can smooth the process of getting documentation sorted out for clinical trials and also provide information on sources of research funding."

The Canterbury DHB Research Manual will be circulated to all researchers and links established on both the University of Otago and Canterbury DHB intranets.

To find out what to do when and how, researchers can contact Emily directly: Room 502a, Level 5, Christchurch School of Medicine Building, University of Otago, Telephone: (03) 364 1513, Facsimile: (03) 364 0525, Extension: x 81513, Email: Emily.oughton@cdhb.govt.nz

Cervical Cancer Vaccinations

Girls aged 12 to 18 who live in Canterbury are taking advantage of a free cervical cancer vaccination available from General Practices.

Young women in this age group are being sent a letter inviting them to have the free vaccination from their General Practice team. Information will also be distributed in schools by the Public Health Nurse.

The Canterbury District Health Board (CDHB) has decided to offer girls and young women the opportunity to have the Human Papillomavirus (HPV) vaccination at any General Practice, like most other childhood vaccines. This is different to other parts of New Zealand, where 12 year old girls will be offered the vaccination at school.

Professor of General Practice Les Toop said offering the HPV vaccination at a General Practice has many benefits.

“They, and their parents, have the opportunity to discuss any questions or concerns about it with doctors and nurses they have known and trusted for many years, who may have seen them through many similar immunisations and who have looked after them through childhood illnesses and other health issues.”

The majority of people agree with the vaccination programme.

“Most people when presented with the facts see that vaccination is sensible.”

Some parents have said they will wait until their daughter is 14 or 15 before they receive it. “Success for the programme should be measured by everybody having had the opportunity to say yes please, no thank you or yes please but later.”

Professor Toop says his hope is that in due course this vaccination will simply be seen as an integral part of the immunisation schedule for girls.

The national HPV programme began in September last year, initially with catch up for young women born in 1990 and 1991. In January, the programme was extended to include all 12-18 year old girls. Three injections are given over a period of six months.

This vaccine protects against two strains of HPV that cause 70% of all cervical cancer cases and also two other HPV strains that cause 90% of all genital warts. Ideally it should be given before sexual activity begins.

Barrington Medical Centre Practice Nurse Donna MacLean says girls and their families had so far responded well to the vaccination programme at the medical centre. The process of contacting girls and young women in the 12-18 age group and giving the vaccine is going smoothly. Vaccinations are also available at the Family Planning Association, 198 Youth Health Clinic and the Sexual Health Clinic.

Active Living

Well done to those who used active transport to get to work on National Walk2Work day (18th March), and to everyone who participated in City2Surf (29th March).

Active transport can be a great way to keep active during the winter months..... how about this inspirational story: “I never used to walk anywhere as I was overweight and have a congenital hip defect,” says Lauren Moore, a Cardiology Secretary at Christchurch Hospital.

However, when my husband and I moved into the city I decided to walk to work as it only takes 15 minutes each way and it is not worth getting the car out. My husband also works in town and walks or bikes to his work. We are now both in a healthy weight range, with my weight coming down 16 kg (18 kg now since submitting this story and recently completing the City2Surf). I enjoy my walk to work in the morning as I get some fresh air, and travelling to and from work is not stressful. My hip still gives me some trouble but I know (and my orthopaedic surgeon vouches) that my weight loss and increased activity have done more good than harm, she says.

Lauren has now shifted further from work, but enjoys the extra benefit that the now 30 minutes each way provides.

Healthy eating

Nutrition Tip: aim for one lentil based meal a week

Lentils are cheap and easy. Having one lentil based meal a week will save you money. Lentils can be brought dried or canned. They work well as the main ingredient, or can be added to meat based dishes to extend the meal and add plenty of goodness. Lentils are high in fibre, and are excellent for weight management as they make you feel fuller for longer.

Check out the HEAL website (www.heal.co.nz) for tasty, easy, and quick recipes using lentils, and for winter physical activity ideas and opportunities for CDHB staff.

Night Team review undertaken

A review is being undertaken to identify the appropriate staff skill mix needed at Christchurch Hospital during the after hours period.

A working group has been set up to determine the type of staff that are needed to deliver care at Christchurch Hospital from 4pm to 8am on weekdays and around the clock during the weekend and on public holidays.

The findings from the review will be used to decide who should make up the After Hours Team (AHT) in the future.

Australian health ministry learning from Canterbury DHB

An Australian health ministry has turned to Canterbury District Health Board to learn how to improve hospital work environments.

CDHB initiatives are showcased as examples of excellence in "Take the Lead" – a course which is training Australian nursing and midwifery managers in "lean thinking and leadership".

The two-day course for New South Wales Ministry of Health shows how reducing 'waste', such as time spent looking for equipment, benefits patient safety, staff wellbeing, and efficiency of care delivery and leadership.

It uses CDHB projects such as the Making Time For Caring, XCELr8 and the Improving the Patient Journey programmes to illustrate best practice and stresses how much staff can transform their own environments of care.

The NSW health authority is 'hugely impressed' by the CDHB programmes, says Health Consultant and author of the course, Brian Dolan.

"What has particularly excited them about Canterbury is the whole system transformation these projects can bring and they see that as an extremely exciting way to encourage change on a big scale."

Brian, who is also CDHB Director of Service Improvement and Patient Flow, says NSW Health have now asked for another 20 two-day courses for 60-80 participants at a time.

"It's a tribute to the CDHB as what is being done here in Canterbury in many ways is new to them and they are very, very keen to learn from us."

New DVD aims to spark interest in laboratory work

A career at Canterbury Health Laboratories is a great choice for young people with an interest in science.

That is the message in a new DVD called Canterbury Health Laboratories - The People, the Science, the Future, which has gone live on <http://labnet.co.nz/labnet/chldvd.html>

The DVD was created to promote the profession of medical laboratory scientist to the public, particularly young people considering what career path they will take. "The aim is to spark interest in this exciting career as we have an aging workforce within the industry," says CHL General Manager Trevor English.

Featuring lively interviews with young people who have been on the CHL Lab Intern Programme, the DVD will be shown to Year 13 students at secondary schools in the Christchurch area. The Intern Programme is a valuable Gap Year for students. They gain interesting experience doing laboratory work under supervision while earning a salary for 12 months before they enter university.

The DVD also gives an insight into medical laboratory testing in New Zealand with staff describing the many different types of tests carried out.

Copies of the DVD are available from Carla Murphy, PA to GM Hospital Support and Laboratories on 3641040 or extension 81040

The Medical Day Unit/Te Puna Toiora opens



Patient Julie Rivett at the Medical Day Unit

On Tuesday 14 April, with prayers and a blessing by Maori Health Services Pouarahi Roopu/Team Leader Tahu Potiki Stirling and several speeches, the refurbished Medical Day Unit/ Te Puna Toiora was officially opened.

"Te Puna Toiora" means 'the source of health and wellness.'

The Unit has been beautifully redesigned, says Clinical Immunologist Dr John O'Donnell. Project Manager Brendon Groufsky and his team completed the project without delay with help from the Hospital Volunteers, the Oncology Trust, the recently established Medical Day Stay Trust and by the donation of art works. These contributions have not only allowed the finishing touches to be made but also reflect the co-operation amongst the many groups involved.

Comcare honours Dr Les Ding

For mental health services the late 1980s proved a particularly challenging period as the transition from the large century old psychiatric hospitals to community based services gathered momentum. As a strategic response to those challenges Dr Les Ding, then Superintendent of Sunnyside Hospital, initiated in 1987 the establishment of Comcare, as a Charitable Trust. Comcare is now a major provider of a range of housing and support services for those in the Canterbury region with serious mental illness.



In March 2009 Dr Ding retired from the Comcare Board, for health reasons, after twenty years as a Board member, eleven as Chair. The Board gratefully acknowledges Dr Ding's enormous contribution to the development and delivery of mental health services in the Canterbury region. His wider contribution to medicine and the community, including leadership in professional organisations and various national and regional consultancy roles, was acknowledged in 2001 with his appointment as a Member of the New Zealand Order of Merit.

Ronald McDonald House South Island available for many



Karen Sutherland and twins Isla and Eden

Having a sick child is always a stressful time for parents.

Staying at Ronald McDonald House goes a long way to alleviate the accommodation problem and the financial consideration

of how much staying in Christchurch is going to cost - plus siblings are able to come and stay when time permits.

Located on the corner of Cashel and Montreal Streets, the House provides free accommodation and support to families of children and young people (up to and including 20 years of age) with illnesses requiring hospital treatment at any CDHB hospital. The House provides 17 family units (nine more are being built this year), a kitchen and dining area, food in the cupboards, free linen and laundry facilities, a computer room, a teenagers and adults only room plus indoor and outdoor play areas.

"A lot of people think we're only about providing accommodation for families with children suffering from cancer," says CEO Nickie Barlow. "In fact cancer currently affects 13% of our families. Nearly one third are here for surgery. Ante and neonatal families make up 21% of our stays."

Families which fall through the gaps and are unaware of their ability to stay at the House is of concern to the organisation. It is important for staff working in main wards to be aware that the age range for young people is up to and including 20 years. If in doubt, check the website www.rmhsi.org.nz or call on 03 377 3311.

Books for babies

Every baby at Christchurch Women's Hospital and Burwood Hospital receives a special delivery of their own. Books are presented to new born babies and their parents by Christchurch City Libraries volunteers and librarians as part of the 'Books for Babies'



Parents Jessica and Lenny Wills with baby James Wills, Mary Dudson and Rona Fatuleai.

programme. This programme was highlighted in April as part of the Christchurch City Libraries' 150th Anniversary celebrations. Christchurch City Libraries were the first public libraries in New Zealand to establish the programme and Christchurch newborns have been receiving the 'Book for Babies' packs for the past 19 years.

Libraries and Information Manager, Carolyn Robertson joined Mary Dudson, a 'Books for Babies' volunteer since its inception, and Rona Fatuleai, Preschool Outreach Librarian, to deliver the packs at Burwood Hospital Birthing Unit and CWH to mark the 150 year milestone. Parents are their child's first teacher. Sharing books, stories and language from day one is very important for a baby's development," says Rona. The pack contains a high contrast black and white board book, ideal for young babies who can only see contrast colours. Also included is a library enrolment form and a timetable of the city and suburbs 'Baby Time Programme', which provides stories, songs, rhymes and book-related activity free to under two year olds.

About 5,000 of the 'Books for Babies' packs are gifted each year to parents and babies. Approximately 95,000 packs have been distributed since the project began in 1990.

For more information on Books for Babies go to: <http://christchurchcitylibraries.com/Learning/BooksForBabies/> For more information on Christchurch City Libraries' 150th anniversary go to www.library150.com

What's up...

May

- 9 Balloon Day (Asthma & Respiratory Foundation) - <http://www.asthmanz.org.nz>
- 10-16 ME (Myalgic Encephalopathy) Awareness Week - www.anzmes.org.nz
- 12 International CFS (Chronic Fatigue Syndrome) Awareness Day - www.anzmes.org.nz
- 12 International Nurses Day - www.nursingcouncil.org.nz
- 11-17 Hospice Appeal Week, Hospice New Zealand - www.hospice.org.nz
- 15 International Day of the Families - www.un.org
- 22-24 World Vision 40 Hour Famine - <http://www.worldvision.org.nz/>
- 23-29 Coeliac Awareness Week - <http://www.colourcards.com/coeliac/>
- 23-31 Youth Week - <http://www.nzaahd.org.nz/>

- 25-31 Heart Children Awareness Week - <http://www.heartchildren.org.nz/>
- 31 World No Tobacco Day - <http://www.who.int/mediacentre/events/annual/wntd/en/index.html>
- 31-6 June Infant Gastric Awareness Week (4 June – Awareness Day) - <http://www.cryingoverspiltmilk.co.nz/>

June

- 1-9 Rape Awareness week - <http://www.rapecrisis.org.nz/>
- 1-7 Autism NZ Appeal Week - <http://www.autismnz.org.nz/>
- 1-7 The Brain Injury Appeal Week - <http://brain-injury.org.nz/>
- 12-14 Cardiac Society's NZ Annual Scientific Meeting 2009 - <http://www.sixhats.co.nz/index.asp?PageID=2145862577>
- 9-16 Head Injury Society Awareness & Appeal Week - <http://www.head-injury.org.nz/>

Trainee immigrant nurses reminisce about post war years at Sunnyside Hospital

There was a more than a hint of Scottish brogue in the air and lots of laughter at a reunion lunch of four former Sunnyside Hospital nurses.

The memories of the four women, Helen King, Isobel Tod, Ruby Knowles and Kath Hutchinson are as sharp as ever despite it being more than 60 years since they sailed from Scotland on the Rangatata.

They are the last remaining of a group of friends who immigrated to New Zealand in 1947 after being sponsored by the New Zealand government following WWII to work as mental health nurses at Sunnyside. They were just some of the 300 who arrived in the post

war years under a government sponsored scheme which paid for their ship passage and gave them jobs in mental health nursing in this country.

Most had little or no psychiatric nursing experience and were bonded for two years. After that many returned

home or settled elsewhere however this group have remained friends and stayed in Christchurch, marrying locally and having families here.

Now aged in their 80s and with a combined age of 343 years, they looked back fondly on their experiences over a lunch. Kath Hutchinson says it was a relief to get away

from the severely bombed cities and come to the pleasant environment in New Zealand. The work at Sunnyside was hard. They were put to work scrubbing floors and polishing windows.

Ruby Knowles says after years of living on war rations they were thrilled to come to New Zealand and be offered meat, cream and other "treats".

At one stage they were

even given chops for breakfast – something that made the news back in the UK.

The four say they have never regretted the move and would not have missed their experiences for anything.



Isobel Tod, age 85, Helen King, age 87, Ruby Knowles, age 84 and Kath Hutchinson, age 87

Howie Yee integral part of Addington team



Popular Orbit Senior Travel Consultant Howie Yee, is not being lost to the business – just relocated.

Howie is an integral part of the team that has serviced CDHB's travellers' needs for over five years as the main international

consultant based at Christchurch Hospital.

A travel consultant for over 13 years, he is one of the most experienced travel professionals within the House of Travel Group.

Howie's tenure with Orbit supporting CDHB business began in 2003. With the closure of the Christchurch Hospital travel office Howie has joined his colleagues at Orbit in Addington (also trading as House of Travel Addington).

Supported by a dedicated group of highly regarded travel professionals Howie is still available to support your travel needs, and looks forward to maintaining the long-standing relationships that he has built up with many CDHB staff.

To contact Howie please call 339-3748 or simply 737 (CDHB short dial)

Alternatively, e-mail Howie on howiey@orbit.co.nz or by either of the following if preferred; rmo@orbit.co.nz or smo@orbit.co.nz

Why Book With Orbit?

Booking travel with Orbit comes with the reassurance that the most is being gained out of every health dollar spent.

Orbit Corporate Travel is the specialised corporate division of the House of Travel Group. Together with the CDHB management team, it has negotiated exceptional supplier contract deals with the major airlines, hotel groups and rental car companies - ensuring the health dollar is maximised at every opportunity.

As a result Orbit offers business travellers an airfare price guarantee of exclusive pricing for airfares that will not be beaten in the open market (conditions apply).

CDHB's preferred airlines are Air NZ, Singapore Air and Emirates. "We urge you to take advantage of this price guarantee to ensure your CDHB health dollar extends as far as possible," Rachel says.

Travel office closure means more hospital space

More space and funding has been freed up for clinical purposes now that the travel shop at Christchurch Hospital has closed.

The closure, on May 1, is the result of a review of Canterbury DHB's travel contract which was carried out in order to determine how viable cost savings could be made.

All travel will continue to be managed by Orbit, but from their offices in Addington. CDHB business travel requests will be made via the internet with Orbit travel staff still available for consultation appointments at the Addington office.

Over the past few years, there has been a huge change in travel planning with more than 60 per cent of business now taking place over the internet, says CDHB Support Services Manager Rachel Cadle.

"We've chosen to take advantage of this, by tendering for travel on the basis of moving all our domestic and trans-Tasman business travel to an online booking system."

Orbit recently re-tendered for the CDHB travel contract and was successful. Orbit already has a system that draws flight information direct from the airlines' own websites, with the additional ability to indicate fares that meet the requirements of CDHB travel policy.

"We have therefore contracted for Orbit to provide this online booking service," Rachel says

"I would like to take this opportunity to thank all the Christchurch Hospital Orbit team who have provided such a great service to the CDHB in the past five years."

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We are moving...

Orbit Corporate Travel and House of Travel Addington are ONE business and are contracted to the CDHB exclusively to provide travel services.

To contact us for ANY travel enquiry, please refer to the following:

- When dialling out from any CDHB phone number, short code 737 will connect straight through: **dial 737**
- For any other International Travel enquiries, please contact **Howie Yee (03) 339 3748**, email: **howiey@orbit.co.nz**
- For Patient Travel: **dial 737**
- For all Leisure Travel (including add-ons to CME business travel) please contact either Howie (as above) or **Paula Waldeck** on **(03) 339 3440**. Alternatively, email: **addington@hot.co.nz**
- For After Hours support, please call the **Orbit main line (03) 339 3440** or **short dial 737** and you will be transferred.
- Alternatively;
RMO travel enquiries to **rmo@orbit.co.nz**
SMO travel enquiries to **smo@orbit.co.nz**
- Fax number for all enquiries: **(03) 339 3740**



Our New Address: Ground Floor,
114 Wrights Rd, Addington



ADDINGTON

PHONE 03 339 3440

houseoftravel.co.nz

Three Simple Steps in the new CDHB online travel authorisation process.....

- NB:** This process is not relevant to CME travel
- Step One:** Go to www.authorise.co.nz/cdhb and this will take you to the registration page. You will be requested to validate your login on your first visit
- Step Two:** An email will be sent to you, you will need to click on a link in the email and this will enable your auto login for future bookings

- Step Three:** Now when going to www.authorise.co.nz/cdhb you will be presented with three options (see screen shot attached) for Domestic, Trans Tasman or International. Please click and complete and follow the process through. Any problems, please come through to the team at Orbit.



Canterbury District Health Board
Welcome Rachael Burns

Travel Authorisation Forms

Welcome to the Orbit Online Authorisation Forms

INFORMATION ON ORBIT ONLINE

Domestic, Tasman or Pacific Travel

With this site you will be able to complete travel authorisation forms for Domestic, Tasman and Pacific routes

Domestic Travel Authorisation Form

Trans Tasman Travel Authorisation Form

International Travel Authorisation Form - Print Only

Authorisations Pending

Travel Information

Orbit Online also you access to a wealth of travel information applicable to the CDHB - from your specific Travel Policy through to websites containing information such as maps, passport application forms and customs information.

For any assistance with using Orbit Online, please contact:

Rachael Burns
Client Services Manager
Email: rachaelb@orbit.co.nz