

PG 3 NEW PLANS
FOR US

PG 11 WOMEN'S BIGGEST
KILLER

PG 12 5 WAYS TO
WELLBEING

PG 16 AMAZING
RACE



RE-START A HEART DAY

We celebrated re-start a heart day on October 16. Only 1 in 10 survive a cardiac arrest. It's time for people of South Canterbury to join together and make it their aim to know CPR and increase survival rates before emergency services arrive.

Restart a heart day is a global initiative to raise awareness and educate the community about CPR and AED's in the community. Time counts in the event of a Sudden Cardiac Arrest. For every minute that passes without intervention, the chance of survival decreases by 10%. It's time for people of South Canterbury to join together and make it their aim to know CPR and increase survival rates before emergency services arrive.

Megan Stark lead the team to educate the community on re-start a heart day. Staff from SCDHB went down to Countdown to give people the opportunity to learn CPR and to give it a go on the CPR Manikins. Well done to all involved.

**October
16**

FROM THE CEO

The plans have been finalised for the Level One refurbishment which will commence in the New Year.

The refurbishment will take around 4 – 6 months and the work will be staged to minimise disruption in the Emergency and Outpatients areas. For ease published in the PULSE are the final floor plans. We have included the existing floor plan and the demolition plan so you can identify the changes. This refurbishment is well over due and at times has seemed it would not happen.

You will all agree Timaru Hospital needs capital work. The plans for a new hospital will not eventuate for at least 10–15 years, so SCDHB needs to commence progress on making our environment better for staff to work in, but equally important for our patients. We have developed a robust master plan for the site so any changes whether for short or long term need to fit in with the plan.

The board has committed to the following:

Level One: Extend the Emergency Department
Extend Outpatients
New Café

Level Three: Convert Old Café into Medical Day Stay

Level Four: Refit Central Sterilising Unit

Level Five: Upgrade Endoscopy

While this is being completed SCDHB will submit a business case for a new Medical/Surgical ward in the North/East part of the campus linked back into the Clinical Services Block on level two. If the business case is not approved by the National Capital Committee we will need to refit the existing wards and make them more fit for purpose.

We really appreciate your patience, understanding and cooperation. We will continue to keep all staff updated on progress being made during the construction period.



Nigel Trainor

CHIEF EXECUTIVE

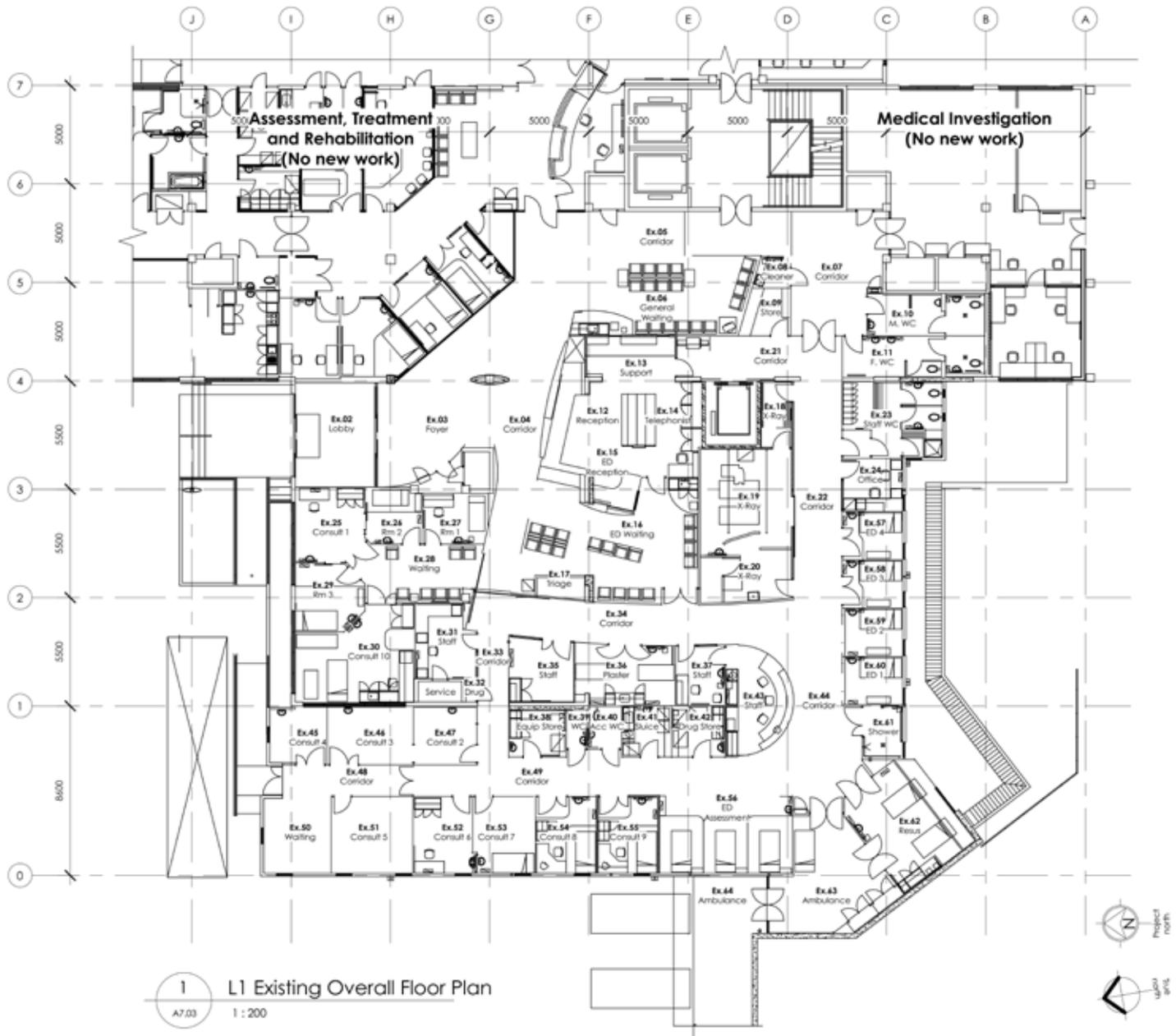
ntrainor@scdhb.health.nz

INSIDE THIS ISSUE

Refurbishment Plans	3	Live Stronger for Longer	11
Navigate	6	Women's Biggest Killer – Heart Disease	12
Promoting Professional Accountability	7	5 Ways to Wellbeing	12
Marion White	8	Learning Hub	14
Dr. Robyn Carey	8	The Amazing Race	16
Patient stories...	9	White Ribbon Event	16
Library news	10	Come Work for Us	16



EXISTING FLOOR PLAN



PROPOSED DEMO





FINAL FLOOR PLAN



navigate

Our Leadership Learning Programme.

The SCDHB Navigate Leadership Learning Programme is underway. Twenty participants have begun their work for the October – December term.

The initial Navigate team includes employees from all areas of the SCDHB. Orderlies, mental health, nursing, physicians, allied health professionals and administration are all represented in the group.

Robbie Moginie, Director of Organisational Capability and Safety, said, "I am so thrilled with the way the Navigate programme has started out. What is special about Navigate is that each member of the programme will be supported by their colleagues to take their natural next leadership development step. It is not a one size fits all approach to leadership development but rather, co-created by the learner themselves to be totally customised to their individual strengths, aspirations and role. While this is a pilot and we are very much learning as we go, we are very pleased about the levels of engagement. The diversity in the first cohort is exactly what we hoped for and will be a true benefit to all the participants in their learning." In addition to the 20 programme participants, another 50 people have attended Navigate workshops.

Each participant is creating a self-directed leadership learning plan, within a broad design framework that reflects the core components of our Navigate leadership learning programme. Each participant is also preparing a workplace improvement project where they can put their leadership and learning to work within the SCDHB. The participants will all join in workshops related to leadership, communication and feedback/evaluation. They will each have a mentor or coach to consult with during their programme term.

They will all participate in a Leadership/Learning Team of 4-8 people meeting fortnightly to share and discuss their progress. And, each participant will also choose their own tailored set of learning activities to help them accomplish their learning goals. The Learning Hub library and librarian and the HealthLearn online resource also provide valuable help to participants in pursuing their individual leadership learning topics. All told, the participants programme should require approximately 30 hours spread out over the three month term. Each participant can receive a Certification of Completion for the 30 hours of professional education when they are done.

The Navigate Programme is supported at all points by a team of Navigate Facilitators that have been selected and trained for the task. Ballard Pritchett is the lead facilitator, and Robbie Moginie, Anna Wheeler, Summer Damuth, Elaine Clark, Sam Callander, Megan Stark and Floss Dynes are serving as facilitators for this term. The facilitators have been getting prepared for Navigate since August, and the positive response to the Welcome Workshop during September, was a great payoff for this effort.

Navigate will accept applications for the next term starting in December. The term will begin 4 February 2019, with preparatory workshops occurring in January. All SCDHB employees committed to developing their leadership are invited to apply. Participants are expected to create a self-directed learning plan built around an area of their interest, and to carry their efforts into an implementation project designed to improve some aspect of the SCDHB.





Promoting Professional Accountability

What is it? Why is it here?

Most of the time you will go about your working day without concern. However, every now and then you may come across something that doesn't feel right. If that happens we want you to Speak Up.

At South Canterbury DHB all staff are trained to give and receive feedback in the moment using the Safety C.O.D.E. This simple process of "checking in" works because of the respect we have for each other as professionals, and our common goal of working together to make every moment matter for the people of South Canterbury.

Speaking up does take practice. While we are developing these skills, you may find it useful to talk through your concerns with your manager, or if this is not an option, complete the confidential Promoting Professional Accountability feedback form.

Receiving a nudge

No one comes to work to intentionally cause harm to patients or distress to colleagues. So receiving feedback can come as a surprise.

It is important to know the feedback has not been investigated. It is being shared in a non-judgemental way to provide an opportunity to reflect on a particular situation. Know that as a professional at South Canterbury DHB you are important, you are respected, and you are valued.

A nudge is confidential. The only people who know it has occurred is the person who provided the feedback, the Triage team, and your colleague who delivered the message. It is not a formal disciplinary process and does not form part of your Human Resources record.

A nudge is an opportunity. The feedback you have received gives insight into how you made someone feel. This may be different to how you intended to make them feel. Reflecting on the feedback and realigning your behaviour to the ICARE values gives you the opportunity to create strong working relationships.



Giving a nudge

Although we all strive to uphold our ICARE values, sometimes we can lose sight of how best to behave and may need a "nudge" to get us back in line.

You can help someone realign by providing feedback in the moment, talking to your manager, or completing the Promoting Professional Accountability feedback form.

Things to note:

- 1) The Promoting Professional Accountability feedback form can be found in your work space in hard copy, or on iHub as an electronic form. Please send hard copies through internal mail to: Promoting Professional Accountability, Quality Team, Level 5 Gardens Block.
- 2) The process is confidential, only the Triage team will know who you are. You do have to provide your name and details on the form though so the Triage team can make sure you are real and contact you if proceedings move to a formal Human Resources process. Lying or mis-using the feedback process will result in formal disciplinary action.
- 3) You will not receive an update on the outcome of your feedback. What you should see is changes in the individual's behaviour now they have had a nudge. Given time, if there is no change, or they begin to relapse, try again by either speaking up in the moment, talking with your manager, or using the feedback form.
- 4) This gentle nudge approach does not replace the formal disciplinary process as per our Disciplinary Policy and Code of Behaviour document. If you think your situation requires more than a nudge, please contact Human Resources.

What if we need more than a nudge?

If an individual receives three pieces of feedback within a year and is still unable to realign their behaviour, the fourth piece of feedback is delivered by the individual's line manager.

The line manager is at this point made aware of all of the pieces of feedback so far. They are looking to work with you in an open, honest and non-judgemental way to ensure you have what you need to realign to the ICARE values.

If this stronger nudge doesn't see any improvement it is time to get serious and we step into the realm of a formal disciplinary process. This is guided by the Disciplinary Policy and Code of Behaviour document.

Congratulations...

Dr. Robyn Carey

Newly Appointed Chief Medical Officer

Dr. Robyn Carey will be the first women Chief Medical Officer (CMO) at the SCDHB.

Robyn has taken on the challenge of CMO to compliment her role as Clinical Director of the Emergency Department. Robyn is a strong believer in loyalty, especially loyalty to the DHB.

“Being the Clinical Director of ED has been a great experience and stepping stone to enable me to operate at a different level”. “And most importantly develop my relationships with other Clinical Directors”. “I’ve been here long enough, and have an in-depth understanding of the place and have strong relationships across all areas of the hospital”.

Robyn appreciates the first immediate challenge will be getting the work done in the time allocated for the role. “I’m looking forward to having a wider focus and vision, and also a focus on systems and processes for the whole hospital”. Robyn is keen to listen and learn for the first 6 – 12 months and get a feel for the new role, but is strong on sustainability and moving forward.

Robyn’s areas of interest are medical recruitment especially in the Orthopaedic area. Also, Health & Disability Commission complaint timeframes and she is interested in improving these areas.

Where Robyn see’s herself adding real value is the liaison between clinical staff and the strategic leadership team (SLT). “It will be good to bring a clinical perspective to the table”. “Positive changes have been made in ED which gives me confidence to move forward”. “Changes in ED have been achieved due to the support of SLT”.



“My vision is for the staff of the SCDHB to flourish, and the hospital to operate smoothly and efficiently for the people of South Canterbury”.

Farewell Marion White

An afternoon tea gathering was held at Moreh Home in Fairlie for Marion White who has recently retired.

Marion was a very loyal staff member and worked as an enrolled nurse for 28 years for the SCDHB.

She will be missed for her support and knowledge. The rest of the district nursing team wish her well in her retirement spending time with extended family and in her travels around the countryside. On behalf of the district nurse we wish you well Marion.





PATIENT stories...

Hi Meron,

I would like to thank you for organising the work shadowing day for me, from the 28th of August. I really enjoyed my day of following Imogen around in lots of different aspects of what her job consists of.

She was really insightful and taught me about what to expect if I choose to study as a speech language therapist. I appreciate how Imogen put a lot of time and effort into planning her day to give me the best example of what the job may include. I thoroughly enjoyed all aspects of the day and I really appreciate the effort that has been put into organising this day for me.

I hope you can pass this message on to Imogen that, I had a very pleasurable day that made me love the job and I really look forward to studying it next year.

Kind Regards,
Brenna Turnbull

TO THE STAFF OF TALBOT PARK

Thank you for the care and support you have shown our father, and also to us as a family. You have helped make a difficult time for all of us more manageable through your care and compassion.

TO ALL STAFF AT TALBOT PARK

- Thank you very much for all the dedicated care, love and support, while he was in your care for the last 10 months. We really appreciate everything you did for him to make him comfortable in his final journey. It is a relief and a blessing that he doesn't have to suffer any more. Thank you.

Library News

Google Scholar

You can now search for SCDHB Library resources using Google Scholar from any Hospital computer.



Go to the "settings" button in Scholar, then click on "Library Links".

Start typing South Canterbury District Health Board, tick the box and you're ready to go.

For further information contact:

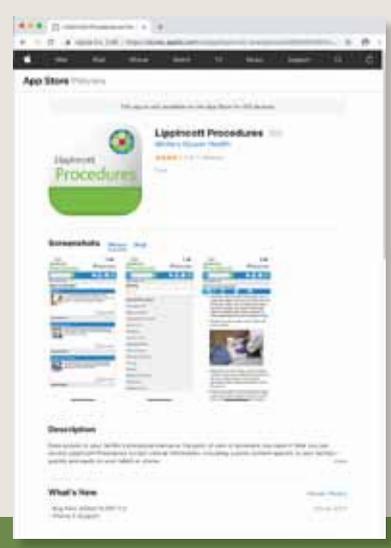
Bronwyn Fleming
Ext 8396
Library@scdhb.health.nz
Mon-Thurs 8.30am – 1.30 pm

Lippincott

Don't forget you can download the app for access to Lippincott on the go.

Just visit an app store when you are on the hospital site (including Woollcombe and Talbot Park) to download.

Free to use for any Health Professional – if you would like access for your GP practice or Clinic all you have to do is provide your IP address.



Contact your Lippincott Reps to set this up.

Fiona Gale	Bronwyn Fleming
fgale@scdhb.health.nz	library@scdhb.health.nz
Ext 8384	Ext 8396

LIVE STRONGER FOR LONGER

The national 'Live Stronger for Longer' campaign aims to improve the wellbeing of older adults. ACC, the Ministry of Health, health professionals and community groups are joining forces so older people can stay stronger for longer, in their own homes.

Sport Canterbury is proud to lead the 'Live Stronger for Longer' campaign for the South Canterbury area. Project Leader Cathie Weith said 'Our role is to create and grow access to approved community strength and balance classes. The community classes are part of a nation-wide movement to reduce falls and fractures and support older people to live stronger for longer. We live in the community, and want to see as many of our friends, relatives and neighbours more active, more often.'

The Community Group Strength & Balance team are working with exercise providers to help develop appropriate classes for older adults. Approved classes need to meet national criteria to show they are a safe and effective class for older adults.

If you cannot get to a class, Sport Canterbury deliver a home-based strength and balance programme in the South Canterbury area. Talk to your GP or practice nurse for a referral to the programme.



TO FIND A CLASS NEAR YOU

- ➔ Go to www.livestronger.org.nz
- ➔ Use the 'Find a Class' tab and go to 'South Canterbury' on the map.
- ➔ Contact the Sport Canterbury team or talk to your doctor or health professional for referrals to strength and balance programme.

FOR MORE INFORMATION

Contact Cathie Weith, Community Group Strength & Balance Project Leader at Sport Canterbury – 03 929 2519 or email cathie.weith@sportcanterbury.org.nz



WOMEN'S BIGGEST KILLER

HEART DISEASE



Many people are surprised when they are told that heart disease is the biggest killer of women in New Zealand. Being aware of the numbers, risks, symptoms and preventive measures can help you, your clients and/or your whānau reduce your risk of heart disease and attacks.

Symptoms of heart attacks in women

- ♥ Unusual pain in your neck, chest, shoulder, jaw, abdomen and / or through to your back
- ♥ Feeling short of breath, sweaty
- ♥ Racing of your heart or feeling of 'fluttering'
- ♥ Light-headedness, nausea and vomiting
- ♥ Women are more likely to experience non-chest pain symptoms (only 40% have crushing chest pain)
- ♥ In women the pain is more likely than in men to spread as far as the shoulders, neck, abdomen and even the back
- ♥ In women the pain may feel more like indigestion and not be consistent
- ♥ In women symptoms may not be pain but unexplained anxiety, nausea, dizziness, palpitations and cold sweat
- ♥ Overwhelming weakness or fatigue is sometimes a symptom
- ♥ Women tend to wait longer to call an ambulance for their symptoms
- ♥ Women more likely to have heart attack mis-diagnosed than men

(Source: Heart Foundation and www.herheart.org)

Kiwi women heart statistics

- ♥ Heart disease is the single biggest killer of women of all ages in New Zealand
- ♥ Heart disease is the leading cause of premature death for women in New Zealand
- ♥ Nearly 60 women die from heart disease in NZ each week, more than 3,000 women a year

 **At least two women die from a heart attack every day**

(Source: Heart Foundation and Ministry of Health)

Heart risk factors for women

- ♥ Smoking
- ♥ Being overweight or obese
- ♥ High blood pressure
- ♥ Diabetes (linked to greater risk of heart disease for women than men)
- ♥ Family history of heart problems
- ♥ Kidney disease
- ♥ Physical inactivity
- ♥ Excessive alcohol intake
- ♥ Depression/anxiety/stress
- ♥ Slight increased risk if on contraceptive pill, increased if women smokes or is older
- ♥ Metabolic changes in post-menopausal women can lead to increased blood pressure, 'bad' cholesterol, and greater body fat around the abdomen
- ♥ Having gestational diabetes or pre-eclampsia during pregnancy
- ♥ Some studies indicate suffering hormonal dysfunctions, such as polycystic ovary syndrome, increases heart disease risk in later life

How to improve heart health in women (and men)

- ♥ Quit smoking
- ♥ Manage blood pressure
- ♥ Eat a heart-healthy diet
- ♥ Be physically active
- ♥ Control blood sugar
- ♥ Reduce stress
- ♥ Prioritise wellbeing and recharging your body and mind
- ♥ Get regular heart check ups
- ♥ Undergo a rehabilitation programme after a heart attack, heart surgery or procedure.

(Source: Heart Foundation and www.herheart.org)

When should women get a heart check?

- ♥ Women without known risk factors: from 55 years of age
- ♥ Women with significant known heart disease risk factors: from 45 years of age
- ♥ Maori, Pacific or South Asian women: from 40 years of age
- ♥ Women with type 2 diabetes: as part of the annual diabetic review
- ♥ Women with severe mental illness: from 25 years of age

(Source: Heart Foundation and Ministry of Health)



If you would like more information about heart health then please visit www.heartfoundation.org.nz

5 WAYS TO WELLBEING

Written by Diane Black

Sometimes letting nature in isn't necessarily pot plants and pets in your home. It is also about having things or images that touch and inspire you.

This work by Kiwi artist Raewyn Harris popped up when I was looking for images of trees for my articles. It really resonated with me, as I see it as portraying resilience – the lone tree in a rugged landscape with a stormy sea behind it – and it still manages to be healthy and strong.

Not all of us get the opportunity to commune with nature in the traditional sense, but it is still possible to have some connections and reminders of it in our homes and busy lives without an enormous amount of effort.



TALK & LISTEN,
BE THERE, FEEL CONNECTED



YOUR TIME, YOUR WORDS, YOUR PRESENCE

One of the simple ways we can give to nature is in the act of nurturing vulnerable animals.

Coming from a rural area as many of us do, this time of year is busy with animals giving birth and sometimes there are those that may not have access to their mother.

Seeing these animals grow and thrive on the care that we give them is reward in itself, it enables us to connect with another living creature that trusts us to be there.

Giving does not need to be complicated or expensive, time and commitment are sometimes all it takes to make a difference.

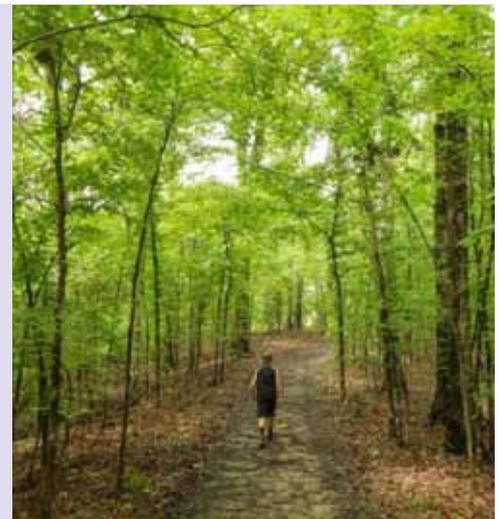


DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

Being active in nature can involve going somewhere that inspires you, whether it be the mountains, the sea, the lake or a forest.

Everyone has their own particular preference where not only can they get exercise, they are also rejuvenated in mind as well.

This also makes it seem less like exercise, essential when you are not keen on it as a rule. Making it part of your regular routine in an enjoyable setting can encourage you to keep doing it and improve your overall wellbeing.





TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

I have to admit to being a real sunset fan, there is something about the peace and feeling of anticipation that seem to be present when the sun goes down and the stars start to come out.

This picture feels like nature is telling us to breathe and use nearly all our senses – see the amazing sky, hear the sound of the waves lapping, feel the breeze on our skin, and smell the sea air.

Taking 5 minutes a day to stop and appreciate the beauty around us can make us calmer and more able to cope with whatever life throws at us.



KEEP LEARNING

The value of teaching children about gardening is out of all proportion to the effort involved.

Not only does it show them the value of growing things, but it has the flow on effect of minimising plastic waste and getting them interested in trying new foods.

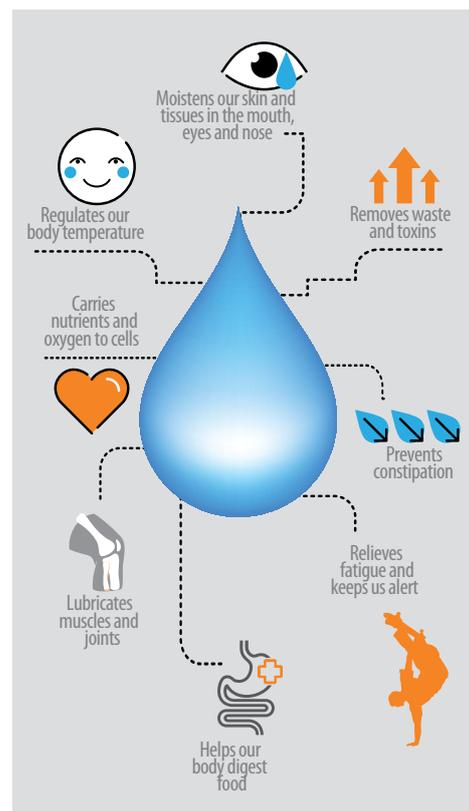
All of these are connections with nature that could be made in schools, back gardens or even buckets.

Being able to watch seeds you planted sprout, thrive and grow into recognisable vegetables and fruit brings to life the wonder of nature in the eyes of our younger generations.

EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF



Switch to Water Benefits of drinking water



From 1 November 2018

Find out more @ www.nzda.org.nz/public/switch-to-water



New Zealand Dental Assoc.



Learning Hub

Inspiring Meaningful Learning

Ka whakamanawatia te akoraka whai tikaka

ENROLLED NURSE AWARENESS WEEK

12-18th November 2018

Time to celebrate our Enrolled Nurses within the organisation

Join us in the celebrations!

Look out for us in the Pulse, community newspapers, Ara and foyer boards at the front of the hospital and in the café.

Moving forward we will be promoting the diversity of our role, our scope of practice, how we demonstrate and understand direction and delegation and how we contribute to patient care.

What can Enrolled Nurses do?

We promote and maintain health to people within homes, hospital and communities. We assess, plan, implement and evaluate, high quality care, together with other members of the healthcare team. We provide physical, emotional, social and cultural safety to our patients, family and whanau. We monitor, record and report change to patient conditions, wound care, health education, medications and assist patients with daily activities.

**Valued members of the
health care team**

**Our scope is our practice,
knowledge and experience**

**Nurses working in collaboration
with Registered Nurses**

**Comply with professional
standards and codes of practice**

Communication is the key



Enrolled nurses work under direction and delegation of registered nurses or other health professionals



PDRP CELEBRATIONS

AUGUST 2018

**Congratulations to the following
on completion of their PDRP**

Kim Carter – Expert Level – Wood Street Surgery Temuka

Lelia Curry – Expert Level – Wood Street Surgery Temuka

Kaye Cameron – Senior Level – SCDHB

Bernadette East – Senior Level – Bidwill Trust

Evang Needham – Proficient Level – SCDHB

Karen Angelo – Proficient Level – SCDHB

Racheal list – Proficient Level – SCDHB

Holly Pierce – Competent Level – SCDHB

Sally Booker – Competent Level – Bidwill Trust

Evelyn McDougall – Competent Level – SCDHB

Jasmine Hardie – Competent Level – SCDHB

Melissa Scarlet – Competent Level – SCDHB

Ellie Lambourne – Competent Level – SCDHB

DID YOU KNOW?

Ara Institute of Canterbury run a course for the New Zealand Diploma in Enrolled Nursing





Learning Hub

Inspiring Meaningful Learning

Ka whakamanawatia te akoraka whai tikaka

Enrolled Nurse Study Day

19th September 2018

What a great turn out for the study day!

41 Enrolled Nurses from all over the South Island attended the SCDHB Enrolled Nurse Study Day.

A BIG thank you to Jeanette Pateman and Tania Coles for facilitating the day and lovely food they provided for everyone.

Thank you to the presenters and staff actors for giving up their time to share their knowledge and experience.

Our Enrolled Nurses are invaluable to the whole organisation and it is great to see New Graduate Enrolled Nurses being employed.



Want to know more about how fantastic we are?

Come and find us and we would be happy to discuss with you.

AT&R

Aged Care

Medical

Hospice

Surgical

Bidwill Hospital

District Nursing

Trust



Test your wits, speed and fitness in a race against other teams from the DHB.

In teams of four you'll be racing around the area against the clock facing challenges along the way, before heading back to base for prize giving and a BBQ.

There are limited spaces and 10 teams have already signed up, so get in quick! (20 teams max, 4 people per team)

Cost of \$10 per person which will go to a charity of the winning team's choice and a portion will go towards food for the BBQ.

To reserve your team's spot please contact us via text with your team members. More information to be provided on sign up.

Imogen from SLT
027 222 5881

Veronica from OT
027 840 2686

"Kate from NASC"
021 927 939

Date: Saturday 3rd November

Time: 1130am – Race starts at 12

Location details to follow.



COME WORK FOR US

South Canterbury DHB employs between 950 and 1000 staff at any given time, including part-timers, casuals and contractors. If you know of any colleagues who may be looking for a change of scene, please feel free to pass on our contact details, or if you are contemplating a change of role then please consider the following:

Medical Officer

- + Orthopaedic Surgeon
- + Orthopaedic Registrar
- + Emergency Medicine Specialist
- + Anaesthetist (Temp)
- + Specialist Physician – Healthy Aging and Rehabilitation

Nursing/Midwifery

- + Midwife (Core, Caseload, Casual)
- + Casual enrolled nurse
- + Casual registered nurse
- + Clinical Nurse Specialist – Cardio-Respiratory
- + Clinical Nurse Co-ordinator – Day Patient Services

- + Registered Nurse – Emergency Department (Fixed Term)

Allied Health & Technical

- + Clinical Psychologist – ICAMHS
- + Anaesthetic Technician – Operating Theatre
- + Mental Health Social Worker
- + Clinical Pharmacist
- + Clinical Cardiac Physiologist/Technician
- + Central Sterilising Unit Technician – Second in Charge
- + Occupational Therapist – Acute Inpatient
- + Care Co-ordinator – Needs Assessment & Service Co-ordination (NASC)

- + Social Worker – Cancer Psychological Support Services
- + Case Manager – Community Mental Health
- + Adult Addiction Case Manager
- + Child Psychologist
- + Case Manager – Community Mental Health
- + Adult Addiction Case Manager

Support

- + Maintenance Electrician
- + Laundry worker/washperson
- + Clinical Coder
- + Payroll Senior
- + Electrical Service Technician

contact

Human Resources

Office: 03 687 2230

Address: Private Bag 911, Timaru 7910



send us your news:

- contact:** Communications Manager
- email:** rinoskins@scdhb.health.nz
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- address:** Private Bag 911, High Street, Timaru 7910
- location:** High Street, Timaru
- website:** www.scdhb.health.nz