

*An independent newsletter for people interested in Aged Care*

**In this issue:**

- 4 year certification
- Activities
- Pressure Injuries
- Health & Safety at Work
- What if..
- Hydro pool
- Law changes 2016
- Silver Rainbow
- ADHB awards
- Bouquets
- Training
- QA Programme
- Back issues
- Helpful websites

**Emailed to:  
1434 readers  
and counting**

**Welcome to my  
overseas  
readers.**

**09jelica@gmail.com**

mobile: 021 311055

1/3 Price Crescent  
Mt Wellington  
Auckland 1060

**4 YEAR CERTIFICATION**

I didn't receive anybody achieving 4 years?!

Seems strange as according to HealthCert more and more providers achieve this

**I do receive mixed feedback about audits and it is interesting to hear the differences in auditing. Lets try to get some consistency so keep sending me your feedback.**

For my friends, who have an audit this month, all the best!

*If you are one of the very few achieving this then please let me know as it deserves a special place and recognition! If you don't let me know I can not publish it.*

**ACTIVITIES**

**FINDING MEANINGFUL ACTIVITIES CAN BE A CHALLENGE.**

It can be an ongoing challenge but it is important to keep in mind that you don't have to be the entertainer all the time. Allow residents to direct the activities. What are their interests and what are they still able to do. Use resident's skills. You might find somebody who is very happy and able to read the news paper to somebody else or who can teach another resident how to knit or crochet or who can call out the housie numbers. Some residents have interesting stories to share about their life, holiday trips, previous jobs etc. Keep the activities meaningful and reflecting resident's choices!

**Be in the resident's moment** as much as possible - he or she may suddenly start talking about something unrelated, but meaningful to them at the time

**Lavender Flax Seed Pillow**

Wonderful senior activity ideas. An easy project for making a lavender pillow that can be warmed up in the microwave or cooled in the freezer. Lavender is wonderful for warmth, relaxation or sleep. Makes a nice gift too.

**Regular "Giving Back" Drives** -- If you want to create with a purpose, projects giving back to the community (large or small) on a regular basis make great activity ideas. Try collecting items for disaster victims, Thanksgiving or other holiday baskets; coat, hat and mitten drives; sending a child to camp; helping with a scholarship fund; collecting back-to-school kits; assisting a special needs group; or helping the needy, and more. Anyone can have ways to reach outside of oneself and help others. It's always good to have a way to get our attention off ourselves and into another worthwhile project

*Have Fun      Jessica*

**HELP ME KEEPING THE DATABASE UP TO DATE!**

Changing positions? New email address? Let me know if your details are changing so I can keep the database up to date.

*Jessica*

## SOME MORE ACTIVITIES IDEAS

*This is great!! Sharing good ideas with each other. Thank you Barbara.*

### Reminiscence Ball

Here's a fun idea using a beach ball or a light smooth ball. Write on in indelible ink statements such as:

My first date

My first day at school

My first pet

What my parents did

Where I was born

Where I went to school...etc.

By throwing the ball to each resident in turn they each look at what statement their right thumb lands on prompting Reminiscence and Discussions . These balls can be purchased at a cost, but much cheaper and more fun to make your own.

### Cereal Jigsaw Puzzles

Cut the front off cereal packets and laminate them ...cut into angles or squares and use as jigsaw puzzle. These are familiar items and also can prompt reminiscing.

*Barbara Caffell, Diversional Therapy*

## PRESSURE INJURY REPORTING

There are many discussions around Pressure Injury reporting.

There is now a Section 31 reporting form specifically for Pressure Injuries which allows for better reporting. (see the link below or Google Section 31 report form)

<http://www.health.govt.nz/our-work/regulation-health-and-disability-system/certification-health-care-services/information-providers-health-care-services/notifying-incident-or-other-matter-required-under-section-31>

The PI reporting initiative will run from 1 January 2016 to 1 January 2017.

There does not seem to be a consistent advice around wound treatment from the wound specialist. Some wound specialists advise very expensive dressings. If you receive this advise check for a second opinion.

Q What else needs to be reported?

A Police involvement

Any event during which there is potential danger to the resident.

Q Is HealthCert going to update the Section 31 report form as well?

A Emma Prestidge (HealthCert Manager) thinks that eventually that will happen but she cannot give a time frame.

Q Does a recurrent pressure injury of the same area need to be reported.

A Yes but with the clarification that it is a recurrent one. (this is clear on the reporting form)

*I will keep you informed if new info or ideas come my way.*

*Jessica*

**It is health that  
is real wealth  
and not pieces  
of gold and  
silver.**  
Mahatma Gandhi

## HEALTH AND SAFETY AT WORK (GENERAL RISK AND WORKPLACE MANAGEMENT) REGULATIONS 2016

### Regulations at a glance

[View the full Regulations on the Legislation website](#)

### Health and Safety at Work (General Risk and Workplace Management) Regulations 2016

Persons conducting a business or undertaking (PCBUs) have duties to ensure, so far as is reasonably practicable, that the workplace is without risks to the health and safety of any person.

These regulations outline additional duties on PCBUs related to managing risks, monitoring in the workplace, and specific duties related to young persons in the workplace and obtaining a police vet for workers at limited child-care centres.

### Health and Safety at Work (Worker Engagement, Participation and Representation) Regulations 2016

These regulations prescribe matters relating to work groups, health and safety representatives, and health and safety committees to support more effective worker participation. This includes information on who can be a health and safety representative or on a health and safety committee, and health and safety representative training.

The regulations also include matters that an inspector may decide if the parties are unable to reach an agreement themselves, and specify the sectors that are high risk for the purposes of worker participation requirements.

### Health and Safety at Work (Major Hazard Facilities) Regulations 2016

These regulations deal with matters relating to the health and safety of people involved in the operation of, and local communities located near, major hazard facilities.

The regulations provide threshold quantities of specified hazardous substances and ways to determine whether a facility is a lower tier or an upper tier major hazard facility and the duties of operators.

### What's still to come?

- Regulations specifying infringement offences and fees will be finalised shortly.
- Regulations to support the power in the new Act for the regulator to grant exemptions from regulatory requirements (clause 228A) will be developed this year.

### What we're doing to support you

There is general information about HSWA on this site which we will be supplementing regularly as we finalise formal guidance for you.

These will give you good context for your approach and will help you be in the best position possible on 4 April 2016.

As you climb the ladder of success, check occasionally to make sure it is leaning against the right wall.

Leadership is  
unlocking  
people's  
potential to  
become better  
Bill Bradley

## WHAT IF

What if you have a heart attack? What to do??

I discussed this with a nurse friend as we were talking about the difference of symptoms between men and women. I didn't know that these were so different. Women, older adults, and people with diabetes are more likely to have subtle or unusual symptoms. A high percentage of woman having a coronary don't have chest pain! Some symptoms: **Extreme fatigue, Mild pain, Profuse, Nausea or dizziness, Breathlessness, Sleeplessness**

But going back to what do you do when you are by yourself, somewhere away from home and you think you have a heart attack? Apparently the best first aid is to chew on an uncoated aspirin to prevent blood clotting. (Okay, so from now on I will carry one in my bag). Stay as calm as possible (easier said than done if you think you have a heart attack), get air and stay warm. Get help.

There is also a theory that you should cough repeatedly?!

It would be interesting to hear from anybody else if there are more things you could do. This could be an interesting debate. Let me know what you would do and any other tips you have.

Who knows if we get some good ideas it could save a life.

*Jessica*

## HYDRO POOL OPPORTUNITY

Kumeu Village has opened their rehab facility and hydra- therapy pool to all other rest homes. We have swim classes every day and can also organise private classes. We have a full hoist to get into the pool.

Classes are \$8 each, concession cards are available.

We also offer Senior fit classes daily from 10.30 – 11.15 – these are great fun, done sitting down to great music – cost for this is \$8 per person also.



Some of our residents in the pool, the daily classes are such a hit, Fred you will see in the photo waits at the door every day

Our memory assist residents are also loving their swim.

There are some great incontinent products that are waterproof from Swim joy in Christchurch

We have trained four of our staff in hydrotherapy and we also have a visiting swim teacher.

Phone Belinda or Therese for details and to discuss your needs.

094129112 or 021412242

## FOUR MINUTE ROUND-UP OF 2016'S LAW CHANGES

Here's a summary of upcoming law changes that affect small businesses — check out which apply to you.

### **HEALTH AND SAFETY AT WORK** 4 April 2016

**What:** The new law says you need to do what's "reasonably practicable" to manage health and safety risks at work. This means you're expected to do what a reasonable person would do in your situation. It's about taking responsibility for what you can control. You may find that it's not as hard, expensive or time-consuming as you may think.

### **PAID PARENTAL LEAVE:** Extension to 18 weeks — 1 April 2016

Other changes — 1 April 2016, subject to the Employment Standards Legislation Bill being passed.

**What:** Paid parental leave will go up from 16 weeks to 18 weeks. There are also planned changes to the scheme to better reflect the diversity of modern work and family arrangements. The changes will also make it easier for parents to stay connected to the workforce. It's planned that parental leave payments will be extended to more workers, including:

- casual and seasonal workers
- those with more than one employer
- those who have recently changed jobs
- people who become the permanent carer of a child under the age of six, eg grandparents.

Parents of premature babies will also receive parental leave payments for longer.

**ZERO-HOUR CONTRACTS:** 1 April 2016, subject to the Employment Standards Legislation Bill being passed.

**What:** Planned changes will mean that, when hiring, employers must guarantee to give employees agreed hours of work.

Also, employers won't be allowed to:

- expect employees to be available to work with no guarantee of hours without paying reasonable compensation
- cancel a shift without giving employees reasonable notice or reasonable compensation, both of which must be set out in an employment agreement
- make unreasonable deductions from wages
- unreasonably restrict an employee's secondary employment.

**ENFORCEMENT OF EMPLOYMENT STANDARDS.** 1 April 2016, subject to the Employment Standards Legislation Bill being passed.

**What:** Planned changes will strengthen the enforcement of minimum employment standards, eg minimum wage and holidays entitlements. These include a new infringement notice regime, clearer record-keeping requirements, and tougher sanctions for the most serious breaches, such as exploitation.

**FOOD SAFETY** 1 March 2016 for new food businesses. Existing food businesses will transition to the rules between 2016 and 2019.

**What:** The Food Act 2014 promotes food safety by focusing on the processes of food production rather than the premises where it's made. It has a sliding scale of risk — businesses with a higher risk when it comes to food safety will operate under stricter requirements.

**Why:** The new law recognises that each business is different. So, for example, a corner dairy operator who reheats meat pies won't be treated in the same way as the pie manufacturer. The aim is to further improve New Zealand's food safety measures.

Always leave  
people better  
than you found  
them. Hug the  
hurt. Kiss the  
broken.  
Befriend the  
lost. Love the  
lonely.  
Sungazing



**Lesbian, Gay, Bisexual, Trans and Intersex (LGBTI) Education for Caregivers**  
Please contact Julie Watson [julie.watson@affinityservices.co.nz](mailto:julie.watson@affinityservices.co.nz) for more information

**ADHB IS PLEASED TO ANNOUNCE THE A+TRUST NURSING AND MIDWIFERY AWARDS**

These annual awards celebrate the amazing job our nurses and midwives do every day.

Nurses and midwives together make up the largest part of the professional health workforce at Auckland DHB and whether in hospital or in the community have a great responsibility to improve the health of the populations and patients we serve. This can be seen every day in nurses and midwives who are making a difference through the care they provide to patients and their families.

The Awards recognise the different skills and attributes required by the professional nursing workforce.

There are 25 Awards in total across all our Directorates that anyone can nominate any deserving nurse or midwife.

The event is held to coincide with International Nurses Day and International Midwives day.

**Aged Residential Care Nursing Award**

This will be awarded to a Registered or Enrolled Nurse who is recognised by their peers, patients and patient families as an exemplary nurse that goes above and beyond every day. The nurse demonstrates leadership through a focus on continuous improvement to improve the patient experience, safety and quality of care.

**Criteria:** Acknowledged by peers, patients and families as an excellent nurse.  
Takes the lead in new initiatives and quality improvement activities to achieve best practice and improve the patient experience.  
Works in partnership with the patient and their family to form working relationships to get the support they need to improve their health and independence.  
Raises the profile and voice of aged residential care nursing.

**Eligibility:** Be employed in an Auckland District Health Board area Aged Residential Care Facility. [http://www.adhb.govt.nz/nursing\\_midwifery\\_awards.htm](http://www.adhb.govt.nz/nursing_midwifery_awards.htm)

*From the editor:*

*If you think this is a good idea, why not contact your local DHB and discuss something like this with them. And what about asking for a Health Care Assistant award. The largest workforce doing an amazing job with the least recognition!!*

Live one day at  
a time and  
make it a  
masterpiece

## 2 BOUQUETS

*This month my bouquet goes to all Cantabrians. The following poem from Marty Smallman says it all. I salute you all for your strength.*

Roses are still red  
The sky is still blue,  
The cathedral has fallen  
Many buildings have too  
You can rattle our bones  
You can rip streets apart  
But you will never defeat  
Our red and black hearts  
For we are Cantabrians  
And together we know  
We stand tall together  
Through anything we grow...



*My second bouquet is in memory of Chris Reay who suddenly passed away. Chris worked as a nurse in an Auckland Rest home/hospital for 29 years! I had the privilege knowing Chris and we had some lovely "catch ups". Rest in peace Chris and my thoughts are with your family, many friends and special colleagues.*

## TRAINING SESSIONS

If you need training provided on site please let me know as I am available to provide this on non clinical topics such as:

**Cultural Safety, Spirituality, Sexuality & intimacy, Privacy, Rights, Confidentiality, Choice, Communication and Documentation, Quality and Risk Management, Abuse and Neglect prevention, Restraint Minimisation and Safe Practice, Managing behaviour that challenge us, Complaints Management, Open Disclosure, EPOA, Advance Directives, Informed Consent, Resuscitation, Health and Safety, Ageing process, Mental Illness, Civil defence, dementia care, Bullying in the workplace.**

If you are looking for a topic not listed here please drop me a line.

I am happy to facilitate different times to suit evening and night staff.

References available on request.

*Jessica*

## TOTAL QUALITY PROGRAMME

**Are you struggling with your policies and procedures?**

**Find it difficult to keep up with all the changes?**

**Come audit time you realise that information is not up to date?**

If the answer to the above is yes then

**Join hundreds of other aged care providers**

This totally tried and tested Quality Programme tailor-made for aged care has been around since 1990!

All policies and procedures, including the related work forms, are written in a very user friendly manner and understandable to all staff.

The programme comes on CD and you are in charge to personalise it for your facility.

For more information and to receive the order form and licence agreement, contact me on 09 5795204, 021 311055 or [09jelica@gmail.com](mailto:09jelica@gmail.com)

Live your  
life.  
Take  
changes.  
Be crazy.  
Don't wait.  
Because  
right now is  
the oldest  
you've ever  
been and  
the  
youngest  
you will  
ever be  
again.

<p>Sometimes you have to give up on people. Not because you don't care, but because they don't. Spirit science</p>	<p><b>NEWSLETTERS BACK ISSUES</b></p>
	<p>Remember there is an alphabetical list of topics from all my newsletters available on my website which refers to the related issue. This website is available to everybody: <a href="http://www.jelicatips.com">www.jelicatips.com</a> No password or membership required.</p> <p>I believe in having the data available to everybody as it is important that as many people as possible get the information and that we help each other as much as possible in this very challenging sector.</p> <p>I don't mind sharing this information but I don't agree anybody making financial gain from this information!</p>

**Some interesting websites:**

[www.careassociation.co.nz](http://www.careassociation.co.nz); [www.eldernet.co.nz](http://www.eldernet.co.nz), [www.insitenewspaper.co.nz](http://www.insitenewspaper.co.nz), [www.moh.govt.nz](http://www.moh.govt.nz); [www.healthedtrust.org.nz](http://www.healthedtrust.org.nz), [www.dementiacareaustralia.com](http://www.dementiacareaustralia.com); [www.advancecareplanning.org.nz](http://www.advancecareplanning.org.nz) <http://www.bpac.org.nz/Public/admin.asp?type=publication&pub=Best>, <http://www.open.hqsc.govt.nz>; [www.safefoodhandler.com](http://www.safefoodhandler.com); [www.learneonline.health.nz](http://www.learneonline.health.nz); [www.bugcontrol.co.nz](http://www.bugcontrol.co.nz); [www.nutritionfoundation.org.nz/about-nznf/Healthy-Ageing](http://www.nutritionfoundation.org.nz/about-nznf/Healthy-Ageing); [www.glasgowcomascale.org](http://www.glasgowcomascale.org)

Please note these sites are not necessarily endorsed by Jelica nor is it responsible for the contents within them.

The information contained in this publication is of a general nature and should not be relied upon as a substitute for professional advice in specific cases.

**REMEMBER!**

Send your feedback, suggestions and articles showcasing your local, regional and workforce activities for publication in future issues.

This brings me to the end of this issue. I hope you enjoyed reading it and welcome any feedback you have. With your help I hope to keep this a very informative newsletter with something for everyone.

**CONFIDENTIALITY AND SECURITY**

- I send this with due respect to, and awareness of, the "The Unsolicited Electronic Messages Act 2007".
- My contact list consists ONLY of e-mail addresses, I do not keep any other details unless I have developed personal contact with people or organisations in regard to provision of services etc.
- E-mail addresses in my contact list are accessible to no one but me
- Jelica Ltd uses Norton antivirus protection in all aspects of e-mail sending and receiving

Signing off for now.

*Jessica*

**SUBSCRIBE OR UNSUBSCRIBE**

- If you do not wish to continue to receive emails from me, all you need to do is e-mail me and write "Unsubscribe". I will then remove you from my contact list (though I will be sorry to lose you from my list).
- If you know of others who you think would benefit from receiving my newsletter, please pass on my details and have them sending me an email with the subscribe request.