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Congratulations

I am very pleased to mention another 2 facilities achieving
4 year certification.

My compliments and congratulations to:

Northbridge Rest Home and Hospital
and
Pakuranga Park Village
both in Auckland

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.

Measuring Liquid Controlled Medication

Last week I had an interesting conversation regarding checking liquid CD.

It was pointed out that measuring always leaves a residue in the measuring beaker and as the checking of CD is completed weekly that can result in a fair amount of wastage. This will then result in an incident report etc.

Using a measuring device also relies on the staff cleaning and drying this properly after use.

Apart from the wastage I have always wondered about the constant handling of CD in this manner and believe that it would be cleaner and safer to measure the liquid CD by weighing it.

This was tested and the weighing had a brilliant result thus preventing the risk of spilling, wastage and it is a lot cleaner and faster and last but not least, I believe less risk of contamination.

You need a sensitive electronic scale on which you can tare the bottle. Scales have to be accurate and calibrated/validated at least annually.

Weigh the bottle when it arrives and document the weight, ensuring it correspond with the amount on the bottle.

To me this way of measuring seems more 21st century than tipping it out etc. I am welcoming feedback on this topic.

Jessica

MEDICINE EXPIRY DATES – WHAT DO THEY MEAN?

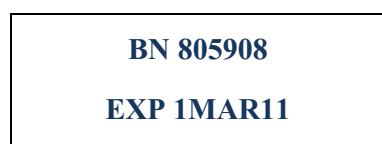
With a splitting headache you reach into your medicine cabinet for some paracetamol, only to find the stamped expiry date on the packet has passed two years ago. Do you take the medicine?

A common dilemma for every consumer!

Pharmaceutical manufacturers are required to include an expiry date on their medicines. This is the date at which the manufacturer guarantees the full potency, stability and safety of the medicine based on the studies they have conducted. It is important to keep in mind that the expiry date is based on testing of previously unopened products, stored in the original container and maintained under typical conditions. Once you open a medicine bottle or transfer medicine to another container, the manufacturer's expiry date is no longer reliable. It doesn't mean the medicine becomes ineffective rapidly, but it does mean the stability could be compromised once the medicine has been introduced to light, heat and humidity.

Some people think that the expiry date is a marketing ploy to keep people re-stocking their medicine cabinet. Even if you believe the expiry dates are a conservative timeline, how do you determine how long the medicine is safe and effective for when the expiry date has passed, in order to advise consumers? The answer is entirely dependent on the circumstances, ie, what type of medicine it is, what it is being used for, how it has been stored and over what period of time, and the relative stability of the medicine in its original sealed container.

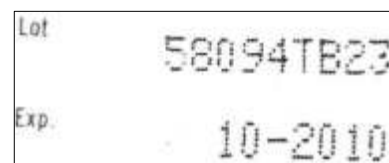
Expiry dates are expressed in many different ways. This can cause consumers to get confused, so it is important to educate them on how to work out if a medicine has expired. Below are three examples commonly found on medicines in New Zealand.



Format: DD MMM YY
Meaning: Expires on 1 March 2011



Format: MM YY
Meaning: Expires on the last day of the previous month, 31 August 2012



Format: MM YYYY
Meaning: Expires on the last day of the month 31 October 2010

MEDICATION ALERTS AND SAFETY SIGNALS

These alerts and safety signals provide information and actions about high-risk medicines and situations. They are issued to health care staff, managers and organisations. For more information, contact Beth Loe at Beth.Loe@hqsc.govt.nz.

NEW: Oral metoprolol administration safety signal released in October 2012.

Available from www.hqsc.govt.nz/our-programmes/medication-safety/publicationsand-resources/publication/680/

INCIDENTS AND CAUTIONS

Change in Sinemet® formulation

Due to an international change in formulation, all three strengths of Sinemet® are no longer scored. This change took effect in New Zealand in January 2013.

Review all patients taking half doses of Sinemet® to determine the appropriate change required.

From: Health Quality and Safety Commission New Zealand (Medication Safety Watch Issue 5

All of us could take a lesson from the weather. It pays no attention to criticism.

CODE OF CONDUCT

Over the last couple of weeks I have been going through the Nursing Council of New Zealand "Code of Conduct" booklet and have found it really interesting reading. I also believe that a lot of the principles in this Code are relevant to all staff in Health so in case you have not seen this publication let me share some of it with you.

Values underpinning professional conduct

RESPECT

Treating health consumers, families and colleagues with respect enables nursing relationships that support health consumers' health and well-being. Treating someone with respect means behaving towards that person in a way that values their worth, dignity and uniqueness.

It is a fundamental requirement of professional nursing relationships and ethical conduct.

TRUST

Nurses are privileged in their relationships with health consumers. Nurses need to establish trusting relationships with health consumers to effectively provide care that involves touch, using personal information, emotional and physical support, and comfort. Health consumers need to be able to trust nurses to be safe and competent, not to harm them and to protect them from harm.

They need to trust nurses to work in the interests of their health and well-being, and promote their interests.

Nurses must be trustworthy and maintain the public's trust in the nursing profession.

PARTNERSHIP

Partnership occurs when health consumers are given sufficient information, in a manner they can understand, in order to make an informed choice about their care and treatment, and are fully involved in their care and treatment. Their independence, views and preferences are valued. Nurses must be aware of the inherent power imbalance between themselves and health consumers, especially when the health consumer has limited knowledge, may be vulnerable or is part of a marginalised group.

INTEGRITY

Being honest, acting consistently and honouring our commitments to deliver safe and competent care is the basis of health consumers' trust in nurses. Integrity means consistently acting according to values and principles, and being accountable and responsible for our actions. As professionals, nurses are personally accountable for actions and omissions in their practice, and must be able to justify their decisions.

If you are interested in these publications: www.nursingcouncil.org.nz

Don't be afraid to encounter risks, it is by taking chances that we learn how to be brave.

National Dementia Cooperative Update

Birthdays are good for you. Statistics show that people who have the most, live the longest

- Planning is underway for our Dementia Knowledge Exchange forum on 21 and 22 November 2013 in Auckland – NOTE that the dates have changed. We will focus on evidence and action, with emphasis on good-news stories about implementation of the NZ Dementia Care Pathway Framework, and examples of person-centred care. If you have any stories from your area, or know a suitable speaker, please let me know. Anyone interested in sponsoring any aspect of this forum, please contact me.
- The NZ Dementia Care Pathway Framework is due for release soon; the Ministry of Health is currently incorporating feedback received on the draft.
- As part of the Qualifications Review, Careerforce is setting up Advisory Networks. Applications are open, go to their website for more information and to apply <http://www.careerforce.org.nz/Workplace-Health-and-Disability-Training-get-involved.html>
- A Global Dementia Charter has been launched by Alzheimers Disease International and Bupa; find it on our website <http://ndc.hiirc.org.nz/page/39231/global-dementia-charter/?tab=4891§ion=19790>
- The first meeting of the NDC Christchurch Network is planned for 30 May 2013. The Network is for everyone in the region who is keen to work together to improve dementia care.

Please forward this update to others who have an interest in dementia.

As always, if you have any questions, contact me.

Marja Steur

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Marja.Steur@cdhb.health.nz <http://ndc.hiirc.org.nz>

STRESS and BURNOUT

If nothing is done this will not go away, nor do they stay the same, but it will get worse. It might not be noticeable right away as sometimes the person is able to hide it for a long time.

It can cause a reduction in productivity by inhibiting the staff from working to their full potential.

The solution:

1. Identify the degree of the problem
2. Identify the primary causes
3. Develop organisational, as well as individual, strategies aimed at reducing of the current problems, and preventing future occurrences
4. Regular assessment of the level of burnout and stress in the organisation
5. Evaluation of the effectiveness of the programme

WHAT IS ON



Care Association New Zealand (CANZ) Conference

CANZ is organising its first conference called "A toolbox for Aged Care".

Diarise the **Wednesday the 12th of June** for this event as it promises to be an interesting day.

The conference will be one day in Waipuna Lodge in Auckland.

SETTING THE SCENE FOR AGED CARE WHAT HAVE WE GOT IN THE TOOL BOX TO ASSIST PROVIDERS

The Programme

DON GRAY - Deputy Director of Health

Opening address from the Deputy Director General, Ministry of Health.

KEREN LUSTY - Group Manager Resident Care, Kapiti Retirement Trust

Respite – could this be useful for you

LYN PROVOST - Auditor General

Meeting the needs of our ageing population – some observations based on recent work from the office of the Auditor General

MARTIN GRAY - Grant Thornton

Benchmarking performance & the Continuum of Care

HEATHER HARLOW – HealthCert

Certification – how to achieve a good outcome

GINA LANGLANDS – General Manager - Quality and Risk for Bupa Care Services

Person Centred Care: doing the little things well

DR MAGGIE HAERTSCH AND JEAN-PAUL BELL

From SMILE to Play Up: The Australian experience of translating humour therapy into practice within residential aged care.

Jean-Paul's workshop: "Finding the Playful Self: A method of connecting with people"

An affordable day for everybody.

If you are interested in receiving the programme and registration form please email: jelica@woosh.co.nz

Don't run through life so fast that you forget not only where you've been, but also where you're going.

REGISTRATIONS OPEN



“Whose Life is it?” Registrations open

We are excited to announce our *world renowned* keynote speaker:
Associate Professor, Deborah Parker,
University of Queensland

Deborah will be joined by others who will share their knowledge and expertise to improve the care of the older person in New Zealand

KEY THEMES FOR CHANGING MINDS 2013:

- **Start** the conversations about a palliative approach early in the care relationship
- **Involve** & educate the person, their family/significant others & caregivers
- **Review** medication, explore options & think creatively
- **Identify** and discuss legal issues
- **Honour** the older person’s life to truly ‘hear’ their story and wishes

Date: **Thursday 1 August 2013**

Venue: Little Theatre, Library Building, 2 Queens Drive, Lower Hutt
Early Bird Registration (through 14 June 2013) only \$210 per person
Full Registration (from 15 June 2013) \$250 per person

PLEASE NOTE: ALL PRICING IS INCLUSIVE OF GST.

FOR PROGRAMME UPDATES & ONLINE REGISTRATION PLEASE VISIT

WWW.TEOMANGA.ORG

Attitude is a
little thing that
makes a big
difference.

Winston Churchill

Some interesting websites:

www.eldernet.co.nz, www.insitenewspaper.co.nz, www.moh.govt.nz; www.dementiacareaustralia.com;
<http://www.bpac.org.nz/Public/admin.asp?type=publication&pub=Best>
www.advancecareplanning.org.nz

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

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.

Signing off for now.

Jessica

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