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Emailed to:
1633 readers
and counting

Welcome to my
overseas readers

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4 YEAR CERTIFICATION

I am very pleased to mention more facilities achieving

4 year certification

My compliments and congratulations to:

Claire House - Epsom, Auckland
Glen Brae Rest Home - Invercargill
Enliven Ross Home and Hospital - Dunedin
Cantabria Home and Hospital – Rotorua
Radius Taupaki Gables – Auckland
Amberley Rest Home and Retirement Studios – Amberley
Presbyterian Support Otago - Aspiring Enliven Care Centre Wanaka
Presbyterian Support Otago Enliven - Elmslie House - Wanaka

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.

SARCOPENIA

I attended an interesting presentation this week about Sarcopenia by Professor Andrea Maier and Jo Pannabecker. I realised that this disease is not often talked about or diagnosed and maybe it should.

Sarcopenia, or the decline of skeletal muscle tissue with age, is one of the most important causes of functional decline and loss of independence in older adults.

Physically inactive people can lose as much as 3% to 5% of their muscle mass each decade after age 30.

Although pharmaceutical agents targeting multiple biological pathways are being developed, adequate nutrition and targeted exercise remain the gold standard for therapy. Given that muscle mass accounts for up to 60% of body mass, pathological changes to this important metabolically active tissue can have profound consequences on the older adult. The primary treatment for sarcopenia is exercise specifically resistance training or strength training. These activities increase muscle strength and endurance using weights or resistance bands. Proper nutrition is essential to treat sarcopenia, and may even prevent or delay the condition. Eating enough protein is an important dietary consideration in preventing sarcopenia. (Adults 1.0-1.2 grams of protein per kilogram of bodyweight daily.) Select sources of protein that do not have excessive amounts of sodium, fat, and cholesterol.

Although aging is inevitable, developing sarcopenia does not have to be. Fortunately, there are steps people can take that decrease their chances of losing significant muscle mass. Even if muscle loss has occurred, proper diet and strength training can help people with sarcopenia have a positive outlook and make improvements to the condition.

Jessica

| <p>A person's most useful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others.</p> | HEALTH PRACTITIONERS COMPETENCE ASSURANCE ACT 2003 |
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| | <p><i>I did ask a number of managers if they knew about the below requirements. Not many did so I have published the extract from the Act. Number 3 is the one most likely relevant to the sector.</i></p> <p>Competence, fitness to practise, and quality assurance</p> <p>34 Notification that practice below required standard of competence</p> <p>(1) If a health practitioner (<i>health practitioner A</i>) has reason to believe that another health practitioner (<i>health practitioner B</i>) may pose a risk of harm to the public by practising below the required standard of competence, health practitioner A may give the Registrar of the authority that health practitioner B is registered with written notice of the reasons on which that belief is based.</p> <p>(2) If a person holding office as Health and Disability Commissioner or as Director of Proceedings under the Health and Disability Commissioner Act 1994 has reason to believe that a health practitioner may pose a risk of harm to the public by practising below the required standard of competence, the person must promptly give the Registrar of the responsible authority written notice of the circumstances on which that belief is based.</p> <p>(3) Whenever an employee employed as a health practitioner resigns or is dismissed from his or her employment for reasons relating to competence, the person who employed the employee immediately before that resignation or dismissal must promptly give the Registrar of the responsible authority written notice of the reasons for that resignation or dismissal.</p> <p>(4) No civil or disciplinary proceedings lie against any person in respect of a notice given under this section by that person, unless the person has acted in bad faith.</p> |
| | HAZARDOUS SUBSTANCES |
| | <p>When reviewing your processes and looking at what you need to do to comply, remember that the fundamental intent of the Regulations is to keep people safe when working with hazardous substances.</p> <p>We encourage you to always consider, 'what can I do to keep myself, my workers, my customers and visitors safe at my workplace?'.</p> <p>Risk Management</p> <p>Risk management is important for all work-related health and safety. For hazardous substances this means knowing what substances you've got in your workplace (and how much), understanding the risks, taking appropriate measures to manage those risks and reviewing them regularly.</p> <p>Information, instruction, training and supervision</p> <p>Workers need to understand the risks posed by hazardous substances and how to keep safe around them.</p> <p>This means they need the right <u>information, instruction, training and supervision</u>. Our website outlines what a business or undertaking needs to do to ensure that every worker who uses, handles, manufactures or stores a hazardous substance has the knowledge and practical experience to do so safely.</p> <p>Safe Storage</p> <p>Storing hazardous substances safely is an important part of protecting you and your workers. This includes storing only what you need, ensuring that incompatible substances are not stored together, and that decanted substances are stored in the right type of container and correctly labelled</p> |

Source: MPI

| | WORK RELATED HEALTH |
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| <p>If we could look into each other's hearts, and understand the unique challenges each of us faces, I think we would treat each other much more gently, with more love, patience, tolerance and care.</p> | <p>Our work and personal demands can often make it difficult to get the essential hours of sleep we need to function safely throughout the day. Let's be reminded of the importance of getting enough sleep to support our wellbeing and to reduce health risks, such as fatigue.</p> <p>Fatigue: can impact your health at work Fatigue is a state of physical and/or mental exhaustion which can seriously impact our ability to function safely. This is a common issue for many people. Fatigue reduces our ability to work safely and effectively by reducing alertness. This may lead to errors, and an increase in workplace health and safety incidents. This can have serious consequences for both workers and persons conducting a business or undertaking (PCBUs), such as injuries and fatalities.</p> <p>Both PCBUs and workers have a responsibility to manage fatigue. PCBUs must ensure, so far as is reasonably practicable, the health and safety of workers, and that others are not put at risk from their work. PCBUs may need to manage the risks that arise from fatigue. Workers must take reasonable care of their own health and safety and also take reasonable care that what they do (or don't do) doesn't adversely affect the health and safety of others</p> <p>Updated fatigue quick guide To work safely, workers should be physically and mentally alert. PCBUs and workers both have a responsibility to manage the risks of fatigue at work.</p> <p>There are various causes of fatigue, some of them inter-related. These include:</p> <ul style="list-style-type: none"> • Work schedules – hours of work, night work and shift work (including breaks between shifts): Long work hours, irregular work hours, and schedules that require night work can cause fatigue. These schedules limit the time for a person to physically and mentally recover from work. Working at night interrupts the natural sleeping rhythm, which can cause fatigue. • Sleep disruption: Everyone needs a particular amount of sleep to stay alert and perform well. People generally need between 7.5 and 9 hours of sleep a night. The most beneficial sleep is deep, undisturbed and taken in a single continuous period. When the length and quality of sleep each day is disrupted, fatigue may result. • Environmental conditions: Climate extremes (such as working outside in winter), noise and handling vibrating tools place demands on workers and increase fatigue. • Physical and mental work demands: Physically demanding work can increase fatigue. Mental demands can also increase fatigue, such as tasks that require periods of intense concentration. • Emotional well-being: Work events can be emotionally tiring and increase fatigue, such as regular criticism or the pressure to complete a task to a deadline. Non-work events can also cause distress and lead to fatigue – for example: when a person faces the loss of a loved one or tries to resolve personal conflicts. <p>For more information and guidance: http://www.worksafe.govt.nz/worksafe/information-guidance/all-guidance-items/fatigue-quick-guide</p> |

BEING A NURSE MEANS....

*You will never be bored,
You will always be frustrated,
You will be surrounded by challenges,
So much to do and so little time.
You will carry immense responsibility
And very little authority.
You will step into people's lives,
And you will make a difference.
Some will bless you.
Some will curse you.
You will see people at their worst,
And at their best.
You will never cease to be amazed at people's capacity
For love, courage, and endurance.
You will see life begin
and end.
You will experience resounding triumphs
And devastating failures.
You will cry a lot.
You will laugh a lot.
You will know what it is to be human
And to be humane.*

Melodie Chenevert, RN

Make peace
with your past
so it won't
disturb your
future

SILVER RAINBOW

Lesbian, Gay, Bisexual, Trans and
Intersex (LGBTI) Education for Caregivers
If you are interested please contact



Julie.Watson@affinityservices.co.nz

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| <p>OCD= Obsessive Coffee Disorder Pirate Nation</p> | <p>A NEW OPTION FOR AGED CARE EDUCATION IN RESIDENTIAL AND HOME CARE</p> |
| | <p>NZ now has another option for aged care education! Aged Care Channel is an online education provider that delivers courses specifically for staff who work in aged care. We pride ourselves on partnering with aged care organisations to help them meet their educational requirements.</p> <p>The online training is unique as we use videos to tell people's stories, real people in real situations that inform, engage and inspire. They say a picture is worth a thousand words, and we have lots of pictures! We have over 50 courses that cover education at all levels over all roles. It is the in-depth aged care knowledge that will make us a long-term valued partner in delivering education to the sector.</p> <p>The courses are just for aged care - no one else does this in NZ.</p> <p>The Aged Care Channel has signed a partnership agreement with another organisation that is already registered to deliver the NZQA New Zealand Certificate in Health and Wellbeing and plans are under way to have the Level 2 and 3 NZ Certificates available by Feb 2018. As soon as these are complete we will work on aligning the Level 4 qualifications.</p> <p>The Aged Care Channel has a 20-year history of delivering aged care education in Australia and the UK. There is a team of 30 staff who research and produce our courses, many of whom have worked in an aged care facility or for a home care organisation. We work on a Membership agreement which means we really value the relationships with our customers, and constantly work with them to make sure we are getting it right. Watch a 1 minute video about us to find out more. https://www.youtube.com/watch?v=gplAQ20MGpM</p> <p>Julie Sparks Aged Care Channel www.acctv.co Ph 027 4438659</p> |
| | <p>NEW FOOD ACT APPLIES TO REST HOME AND AGED CARE</p> |
| | <p>Changes to the Food Act 2014 apply this year to rest homes and aged care facilities who prepare meals for patients or Meals on Wheels designed to be eaten that day. If the changes apply to you, you'll need to register under the Food Act before 31 March 2018.</p> <p>If you need to register, it's likely you'll operate under a template or custom Food Control Plan. MPI's online 'Where Do I Fit' tool is a great place to find out what plan applies and whether you need to register. Rest homes or aged care facilities making Meals on Wheels designed to be eaten on the same day will come under a template Food Control Plan. If your meals are prepared by a catering company, it's the catering company's responsibility to register. If you moved to the new food safety approach early and are operating a 'deemed' Food Control Plan, then you have until 30 November 2018 to register, but you can register early.</p> <p>The new Food Act moves from a one-size-fits all approach to food safety to one that's tailored to individual businesses. The new rules focus on the process of making food safe, rather than the kitchen where food is made.</p> <p>There's also a series of helpful videos to tell you about the Food Act and how other organisations have found the process.</p> <p>If you're a business with multiple sites located in different regions you can register as one business with MPI. For others the local council will usually be the place to register. If you have any questions contact info@mpi.govt.nz</p> <p>Mary Macpherson, Senior Stakeholder Communications Adviser Ministry for Primary Industries DDI: 04 8940072 Mob: 022 0683728</p> |

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| <p>Take me, or leave me. Either way, you won't find someone else like me. <i>Laugh out loud</i></p> | <p>AUCKLAND CIVIL DEFENCE APPLICATION</p> |
| | <p>Stay informed and receive early warning messages from Civil defence. Download the App: http://www.aucklandcivildefence.org.nz/alerting/get-the-applications/</p> |
| | <p>HAVE YOU HEARD ABOUT GREY MATTER?</p> |
| | <p>We'd like to introduce you to another newsletter that the Ministry of Health Library prepares.</p> <p>The Grey Matter newsletter provides monthly access to a selection of recent NGO, Think Tank, and International Government reports related to health. Information is arranged by topic, allowing readers to quickly find their areas of interest.</p> <p>If you'd like to subscribe to Grey Matter, email library@moh.govt.nz</p> |
| | <p>TOTAL QUALITY PROGRAMME</p> |
| | <p>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?</p> <p>If the answer to the above is yes then Join hundreds of other aged care providers</p> <p>This totally tried and tested Quality Programme tailor-made for aged care has been around since 1990!</p> <p>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.</p> <p>For more information and to receive the order form and licence agreement, contact me on 09 5795204, 021 311055 or 09jelica@gmail.com</p> |
| | <p>TRAINING SESSIONS</p> |
| | <p>If you need training provided on site please let me know as I am available to provide this on non clinical topics such as: Please be aware that I am based in Auckland. Very happy to travel but it will add to your cost. You might be able to talk to facilities in your area to get together and share the costs.</p> <p>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.</p> <p>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.</p> <p><i>Jessica</i></p> |

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| <p>One day you will realise that material things mean nothing, all that matters is the well-being of the people in your life. <i>Lessons learned in life</i></p> | <p align="center">NEWSLETTERS BACK ISSUES</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: www.jelicatips.com 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> |
| | <p align="center">HELP ME KEEPING THE DATABASE UP TO DATE!</p> |
| | <p>Changing positions? New email address? Let me know if your details are changing so I can keep the database up to date.</p> <p>If you know anybody else who would like to receive the newsletter please let me know and I will be happy to add them to our growing readers' base.</p> <p>Thank you all for your contribution each month.</p> <p align="right"><i>Jessica</i></p> |

Some interesting websites:

www.careassociation.co.nz; www.eldernet.co.nz, www.insitenewspaper.co.nz, www.moh.govt.nz;
www.careerforce.org.nz, www.dementiacareaustralia.com; 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; www.learnonline.health.nz; www.nutritionfoundation.org.nz/about-nznf/Healthy-Ageing; 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 Trend Micro antivirus protection in all aspects of e-mail sending and receiving

Signing off for now.

Jessica

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- 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.