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| <p>In this issue:</p> <ul style="list-style-type: none"> • 4 year certification • Dietician input • Reporting/Documentation • On line learning • Social media word use • Readynet • Food innovation • Person centred care conference • Dementia cooperative • Life after Stroke • Bouquet • Back issues <p>jelica@woosh.co.nz</p> <p>www.jelicatips.com</p> <p>mobile: 021 311055</p> <p>1/3 Price Crescent Mt Wellington Auckland 1060</p> | 4 YEAR CERTIFICATION |
| | <p>I have not received any notification of facilities achieving 4 years this month. That doesn't mean it didn't happen. Please let me know as I would like to advertise such good achievements.</p> <p style="text-align: center;">All the best to all my friends, who have an audit this month. I will be thinking of you!!</p> <p><i>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.</i></p> |
| | WHEN TO GET THE DIETICIAN'S INPUT |
| | <p>Where there is:</p> <ul style="list-style-type: none"> • Weight loss of >5% in past three months • MNA <11 • BMI ≤21 • 25% or more of food is left at each meal • Resident is acutely unwell – no food intake >5 days • Contributing factors have been treated e.g constipation • Attempts have been made to increase intake. Implement basic oral nutrition support: small, nutrient dense, frequent, meals and snacks. Extra assistance or prompting to eat. • Weekly weighs for 4 weeks • Reassess and if weight loss continues contact GP for further investigation • Increase energy and protein intake with nutritious fluids, smoothies, complain, sustagen. • Reassess and if weight loss continues: Refer to GP and Dietician <p style="text-align: right;"><i>(From RN Care Guides)</i></p> |
| | REPORTING/DOCUMENTATION |
| <p>What constitutes Good Documentation?</p> <ul style="list-style-type: none"> • Approved, reviewed and updated documents • Changes & current revision status of documents identified • Documents remain legible and readily identifiable • Prevent unintended use of obsolete documents. <p>Good Documentation Practices</p> <ul style="list-style-type: none"> • Records should be completed at time of activity or when any action is taken • Records are updated by all health professionals • Superseded documents retained and identified as obsolete • Concise, legible, accurate and traceable • Entries are dated, signed, designation identified and signature verifiable. | |

REPORTING/DOCUMENTATION (CONT'D)

- Each document has 2 unique identifiers on both side of the page.
- Black or blue pen only used
- Only approved abbreviations are used.
- Don't assume knowledge.
- Don't use "labels" unless there is a clear definition available.
- Document what you see and the words you hear.

Poor documentation practices

- Document error correction not signed/dated, and didn't include a reason for the correction
- Write-overs, multiple line-through and use of "White-out" or other masking device
- Lack of details in recordings and report (*if its not documented, it didn't happen*)
- Lack of follow up after event reporting
- No documentation to indicate response to change of treatment/intervention

ONLINE LEARNING

On line training for some topics is a good way to learn. I have come across some really good sites that might be of interest!

An excellent vocational training platform for New Zealand health practitioners provided by the Ministry of Health www.learnonline.health.nz

This site contains excellent training eg on **infection control, serious event review and open disclosure**. Another good things is that it is Free!

For a basic **food handlers** training the below site might be of help. I believe the cost is about \$30 and there is an impressive list of topics covered

Safe Food handling: www.safefoodhandler.com

All registered staff should be aware of their **Code of Conduct**. Information on below website.

Code of conduct: <http://www.nursingcouncil.org.nz/Nurses/Code-of-Conduct>

THE SURPRISING WORDS THAT GET CONTENT SHARED ON SOCIAL MEDIA

If you use any form of the social media to make yourself known read on.

The importance of words. Words are essential in social media.

You must use persuasive words. Certain words hold more power over our decision making process than others. You need to understand why the words are persuasive, and be able to use them in the context that works for your audience and your business.

Best words to share on Facebook. Use these words for more shares, likes and comments
When, discount, inspires, tell us, submit, amuses, deals, take

Best words to share on LinkedIn: If you want to stand out use these words:
Created, increased, reduced, improved, developed, researched, accomplished, won, on time, under budget.

Skip these words: *responsible, strategic, creative, effective patient, expert, organisational, driven, innovative, analytical.*

Best words to share on Google: *Share, promote, increase, create, discover*

Ref: Quicksprout.

"Do one thing every day that scares you." –
Eleanor Roosevelt

READYNET

Readynet

is a simple web-based application which asks people in the community to populate and maintain a database with the information which will help both them and the Emergency Services in the event of an emergency. Readynet assembles stores and shares emergency management information about user sites or groups – e.g. schools, early childcare centres, aged care sites, accommodation and tourist sites, Neighbourhood Support and Community groups etc.

Assembles:

Readynet users are provided with secure access to a website that provides templates to guide the assembly and storage of relevant emergency management information. The easy to use online templates guide users through their emergency planning process to produce a comprehensive emergency plan. Once users have gone through the process of connecting to Readynet and assembling and completing their data input, they will have greatly improved their emergency preparedness and have their

Emergency Action Guide to prove it!

They will know and record the answers to such questions as:

- ☑ who the Emergency Manager and Deputy for the site is
- ☑ alternative and after hours contact details for key personnel
- ☑ who the service and medical providers are, and their contact details
- ☑ what the risks / hazards are for the site/area and what the detailed response plans are for those
- ☑ location of first aid kits and emergency response equipment
- ☑ the contact details for the closest emergency services and civil defence centres
- ☑ who at the site has any special/disability or medical needs or requirements and much more.

Stores:

The information is stored electronically so that users can view, add to, edit or update their data at any time from any location via the web. If the printed hardcopy(s) of the Emergency Action Guide is lost or damaged then it can easily be reprinted - no loss of data due to hardware failure at the site. The Guide is easy to update. Additional documents may also be stored with Readynet e.g. Community Response Plans

Shares:

Soft copies of the Emergency Action Guide [PDF format] or the printed guide can be shared with other staff or group members. The stored information is also shared online with any participating* Council's Civil Defence / Emergency Management plus the Police 111 call centres. This information could help them when they are planning for or responding to an actual or threatening emergency event at or near the site / group or vicinity.

Alerts:

Along with improving emergency preparedness, sites and groups connected to Readynet can be better informed in advance of, during or following an emergency event via the participating* local Council, by receiving urgent **Alerts** and / or emergency information via email or SMS text message.

*Participating Councils – the current list can be viewed here
<http://www.readynetinfo.co.nz/Site/register.aspx>

Success is never achieved by the size of our brain but it is always achieved by the quality of our thoughts.

WHO SAYS MOULEED FOOD CAN NOT LOOK LIKE REAL FOOD!?

Scientists develop 3D 'smoothfood' to provide nutritious meals for the elderly

- A German company called Biozoon has developed 3D-printed gel food
- The unique food is intended to give elderly people more nutritional meals
- It is designed for people who have problems eating solid food
- The technique deconstructs common foods and rebuilds them in a printer
- Meals can also be tailored individually according to each person's needs

Scientists have developed 3D super-smooth 'jellified' foods made to look like the regular meals we eat every day. From broccoli to roast lamb, the printed food certainly looks very

similar but the texture might be a surprise to some.



jellified roast lamb, green asparagus, wrapped with cooked ham & potato mash

The technique was developed by top chefs Markus Biedermann and Herbert Thill on the basis of modern texturisers manufactured by Biozoon. It is a concept for cultivated eating in old age or for people with swallowing difficulties or other illnesses which make normal eating impossible.



Jellified chicken wing with jellied paprika and potato mash

'The look and taste of the end product matches the original food item.

'But the texture is soft and gel-like. It dissolves easily in the mouth so that it is safe to eat for people with mastication [chewing] or swallowing problems.'

The technique deconstructs common foods such as chicken and carrots into a smooth form that can be eaten without chewing and then reconstructed to give the appearance of a

conventional meal.

'The aim is above all to show that fresh food which fulfils the requirements of the individual patient can be prepared quickly, easily and with minimum effort,' the company adds. Each meal can also be specifically tailored to the person it is intended for.

This means that according to their nutritional needs they can get a meal that suits them best. It is hoped Smoothfood will encourage elderly people to eat to get the nutrition they need from their meals

Read more: <http://www.dailymail.co.uk/sciencetech/article-2611143/Scientists-develop-3D-jellified-smoothfood-looks-just-like-everyday-meals.html#ixzz32t1w0pwM>

The recipe of friendship:
1 cup of sharing.
2 cups of caring.
3 cups of forgiveness & hugs.
Mix all of these together to make friends forever.

"PERSON CENTERED CARE FOR DIVERSE POPULATIONS IN AGED RESIDENTIAL CARE"

The School of Nursing is hosting the above conference on the 1st of July 2014. It is being held in Tamaki Innovation Campus, University of Auckland, 261 Morrin Rd, St Johns, Auckland.

This is a conference for gerontology leaders, Qualified Nurses, Caregivers and all healthcare professionals with an interest in Residential aged care and the care of older adults.

Please find attached the flyer and register using the link below. If you have problems accessing the registration site through the flyer please use the link below where you can register.

<https://www.conf.auckland.ac.nz/ei/getdemo.ei?id=259&s=3TK0OD03N>

I would be grateful if you could please circulate through your networks and pass the word on.

Looking forward to seeing you there.

Claire Mooney RN, BSc, DipN, PgDipGerN, PgCert AdvN.

Project Manager, Silver Rainbow, School of Nursing, University of Auckland

NATIONAL DEMENTIA COOPERATIVE UPDATE

☐ Shereen Moloney has been appointed as the new National Coordinator. She will be based in Auckland and will start on 3 June. I will become a member of the Cooperative and hope to keep in contact – it has been such a pleasure working with you all.

☐ To facilitate collaboration between DHBs around implementing the NZ Framework for Dementia Care, we have published a summary of responses from DHBs. Thank you to Matthew Croucher for preparing this first summary: <http://ndc.hiirc.org.nz/page/47226/responses-from-dhbs-to-nz-framework-for-dementia/?tab=4891§ion=19790>

☐ Alzheimers NZ launched their Strategic Framework, encompassing these goals: a dementia friendly New Zealand, good brain health, early recognition and assessment, living well with dementia, and high quality services. Find the full Framework here <http://www.alzheimers.org.nz/information/latest-news/340-framework>

☐ The Listener published an excellent article about dementia, *Not fade away*, by Mark Broatch, in the 1st May issue, featuring Dr Chris Perkins. The article explains recent research in an understandable way and thereby helps raise awareness.

☐ The World Dementia Council met for the first time in London last week to stimulate development of treatments and care for people with dementia. The Council member appointed by the UK Government to support the World Dementia Envoy, Dr Dennis Gillings, CBE. Click on this link [to watch his address](#) at the 29th International Conference of Alzheimer's Disease International (ADI) recently.

Please forward this update to others who have an interest in improving care for people with dementia.

Go gently, go well,

Naku noa

Marja Steur

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We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future.

LIFE AFTER STROKE



Respite New Zealand Charitable Trust & Rodney Diversional Therapist Support Group invite you to join us for an educational evening
"Life after Stroke"

WEDNESDAY JUNE 11, 2014 at 7.00pm
at the Salvation Army Community Hall, Greenview Lane, Red Beach.
Hall open from 6.45pm

Speakers: Louise Lennon, New Zealand Registered Occupational Therapist
Subject: Early intervention after stroke
and
Carole Trollope (Coping with the after effects of a stroke)

Tea – Coffee and a light supper will be provided.

Cover charge: \$10.00 per person (payable at time of booking) or payment direct to Respite New Zealand Trust bank account: ANZ Bank, 06-0103-0285467-00
(Please use your name as payment reference)

If you would like to make a group booking a 10% discount will apply to groups over Five (5). Receipts will be issued.

Or please make cheques payable to Respite New Zealand Charitable Trust.
Certificates of Attendance will be issued

Bookings essential. To book: Call Monica or Megan **09 -421 1511**
Or e-mail: monica@platinumcommunitycare

If you are not willing to learn, no one can help you.

If you are determined to learn, no one can stop you.



BOUQUET



This month Bouquet goes to: the loving people who granted this dying man his last wish which was holding his dog, Yurtie, for the last time.

Kevin McClain, 57, lived out of his car in Cedar Rapids, Iowa. That may seem like a lonely venture,

except for the fact that McClain wasn't alone. He had the companionship of his dog, Yurtie. But when McClain was diagnosed with lung cancer a month ago and rushed to the hospital. As he lay on a stretcher, McClain made a request: he wanted to see Yurtie one last time. Thanks to a loving community, that wish was granted.

"And the moment he opened those eyes and saw that dog there was instant recognition and with Yurtie, she licked his arms, she licked his face".

A couple days later, McClain died. But not before seeing his final wish fulfilled. Yurtie has since been adopted by a young couple.

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| <p>“Believe you can and you’re halfway there” - Theodore Roosevelt</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: Cultural safety, Spirituality, Sexuality, Privacy, Rights, Confidentiality, Communication and documentation, Abuse and neglect prevention, Restraint minimisation and safe practice, Behaviour management, Complaints and risk management, open disclosure, EPOA, Advance directive, informed consent and resuscitation, Health and Safety, Ageing process, Mental Illness.</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>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. 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; www.eldernet.co.nz, www.insitenewspaper.co.nz, www.moh.govt.nz; www.healthedtrust.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>

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.

Signing off for now.

Jessica

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