

*An independent newsletter for people interested in Aged Care*

**In this issue:**

- 4 year
- Recommended books
- Safety during Heat wave
- Test and tag requirements
- Silver Rainbow
- Visas and Workforce planning
- Have you heard of Grey Matter
- Training
- QA Programme
- Back issues
- Helpful websites

**Emailed to:  
1753 readers  
and counting**

**Welcome to my  
overseas readers**

**09jelica@gmail.com**

mobile: 021 311055

**4 YEAR CERTIFICATION**

I am very pleased to mention more facilities achieving

**4 year certification**

My compliments and congratulations to:

**Tarahill Resthome - Te Awamutu  
Kenderdine Rest Home and Hospital - Papatoetoe**

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

**RECOMMENDED BOOKS**

*I am going to see if this new topic takes off. So if you can recommend a book please let me know with the reasons why.*

**The Power of Habit by Charles Duhigg.**

Perfect for anyone trying to start the new year off right, this instant classic explores how we can change our lives by changing our habits.

**Doctors in Denial by Ronald W Jones**

The forgotten women in the "Unfortunate Experiment"

One of the doctors who blew the whistle on National Women's Hospital's 'unfortunate experiment' has written about his experiences in an attempt to set the revisionist history straight.

**KEEPING RESIDENTS SAFE DURING EXTREME HIGH TEMPERATURES.**

Extreme heat is dangerous to everyone, ESPECIALLY OLDER PEOPLE.

Most elderly often don't drink unless they are thirsty. That could be too late to maintain safe and appropriate hydration. Elderly people can dehydrate very suddenly.

**What are the risks?**

When the ambient temperature is higher than skin temperature, the only effective heat loss mechanism is sweating. Therefore, any factor that reduces the effectiveness of sweating such as dehydration, lack of breeze, tight fitting clothes or certain medications can cause the body to overheat.


People's ability to notice changes in their body temperature decreases with age. Many elderly also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medicines that elderly take can contribute to dehydration. Fortunately, a few simple precautions are all that's needed to keep safe.

**Plenty of fluids**

Dehydration is the root of many heat related health problems. Encourage plenty of water or juice, even if resident is not thirsty. Remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.

<p><b>Ships don't sink because of the water around them; ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down.</b></p> <p>-Heather</p>	<div> <div>KEEPING RESIDENTS SAFE DURING EXTREME HIGH TEMPERATURES.</div> <div> <p><b>Staff to be aware of the signs and symptoms</b></p> <p>Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately. If not sure always seek advice from a health professional</p> <p><b>Residents</b></p> <ul style="list-style-type: none"> <li>• Monitor residents most at risk and to provide additional care and support (body temperature, pulse rate, blood pressure and dehydration will need to be monitored).</li> <li>• Ask the GPs of at risk residents about possible changes in treatment or medication in the event of a heat wave and review residents on multiple medications.</li> <li>• Check that residents have light, loose fitting cotton clothing to wear.</li> </ul> <p><b>Staff to be aware during a heat wave</b></p> <ul style="list-style-type: none"> <li>• Try to keep the facility as cool as possible. Monitor temperatures inside the building</li> <li>• Keep curtains and windows closed while the temperature outside is higher than it is inside.</li> <li>• Once the temperature outside has dropped lower than the temperature inside, open the windows. This may not be until very late at night or the early hours of the morning. (Be aware of security)</li> <li>• Discourage residents from physical activity and going out during the hottest part of the day (11.00am to 3.00pm).</li> </ul> <p><b>Monitor residents</b></p> <ul style="list-style-type: none"> <li>• Check body temperature, heart and breathing rates, blood pressure and hydration levels.</li> <li>• Watch for any changes in behaviour, especially excessive drowsiness.</li> <li>• Watch for signs of headache, unusual tiredness, weakness, giddiness, disorientation or sleeping problems.</li> </ul> <p><b>Reduce the health risks of heat</b></p> <ul style="list-style-type: none"> <li>• Encourage residents to remain in the coolest parts of the building as much as possible.</li> <li>• Monitor residents' fluid intake, providing regular cold drinks, particularly if they are not always able to drink unaided. Bananas, orange juice and occasional salty snacks can also help replace salts lost due to sweating.</li> <li>• Regularly sprinkle or spray cool water on exposed parts of the body. A damp cloth on the back of the neck helps with temperature regulation.</li> </ul> <p><b>Emergency treatment</b></p> <ul style="list-style-type: none"> <li>• If you suspect a resident has heatstroke, call 111 and follow instructions.</li> </ul> <p><b>While waiting for the ambulance:</b></p> <ul style="list-style-type: none"> <li>• Ensure the resident is in a cool place, lying down with feet raised about 30 cm</li> <li>• Take the resident's temperature.</li> <li>• Cool the resident down as quickly as possible by sprinkling them with water or wrapping them in a damp sheet, or cool compresses on neck, groin and armpits. Use a fan to create an air current.</li> <li>• Do <b>not</b> give anything unless ordered to do so.</li> </ul> <p><b>Staff own safety</b></p> <ul style="list-style-type: none"> <li>• Staff to ensure their own safety.</li> <li>• Drink plenty of fluids</li> <li>• reduce amount of physical work and take adequate rest periods</li> <li>• wear suitable clothing</li> </ul> </div> </div>
	<p><i>Stay safe</i></p>

	TEST AND TAG REQUIREMENTS
<p><b>I wonder if Common Sense will ever make a Comeback?</b></p>	<p><i>I hope this is good news for a number of facilities who are still going through the large expense to have their appliances tested and tagged!</i></p> <p><i>Thank you Juliette to alert me to the Worksafe article and thank you Susan (Healthcert) to confirm.</i></p> <p><b>Guidance Note- Electrical equipment safety in Aged Care and similar facilities</b>  There has not been any change in the electrical standards. However, Energy Safety use the Medicines Act 1981 (Section 3a) as a guideline to determine what constitutes medical equipment.</p> <p><b>Testing to AS/NZS 3551:</b>  Unless the equipment is intended to be part of a facility that is intended to be used for treatment that specifically requires “Body Protection” or “Cardiac Protection” from electric shock, testing to AS/NZS 3551 is neither relevant nor necessary.</p> <p><b>Application of the “Test and Tag” regime of AS/NZS3760:</b>  While there are mandatory Regulatory provisions for the safe use electricity, because AS/NZS 3760’s test and tag regime is recognised by Regulation 26 as a safe method of achieving the general safety requirements for the use of plug-in appliances, in the Regulation’s risk based architecture, it’s application is not mandatory, nor does the Standard represent a minimum benchmark by which an alternate safety methodology must be assessed.</p> <p>The Regulations, through the citation of IEC60479, recognise that RCD’s provide an acceptable methodology of providing protection against electric shock. Therefore in aged care facilities, the use of RCD protected supplies to provide an alternative to “Test and Tag”, where the RCDs are checked on a regular basis, is not necessarily inadequate for compliance with the Regulations. The checks could be performed using the test facility of the RCD twice yearly at daylight saving adjustments where the disruption of clocks etc. would be minimised.</p> <p><b>It is expected that this aspect of safety in aged care facilities will be considered during the next revision of the Regulations.</b></p> <p style="text-align: right;"><b>Worksafe New Zealand.</b></p> <p><b>Advice:</b>  Providing facilities have RCD Protected power outlets of 30mA, this is sufficient to provide electrical safety, and protection against electrical shocks, from equipment including hospital beds. One of the main electrical risks in facilities is that of electrical shocks via electrical equipment in use.</p> <p>The initial “body protected areas” as identified and stated in the NZS/AS3551 standard, were raised to identify areas where medical treatment was/were to be undertaken, such as operations in the operating theatre, areas of A&amp;E, and ICU/CCU where treatment such as ventilators, or ECG equipment could be in use altogether at one time.</p> <p>These “body protected areas” needed to be clearly identified with signage as a means of ensuring patient/resident and staff safety, and electrical equipment used in these areas, come under this standard, as a means of ensuring patient/resident and staff safety, and electrical equipment used in these areas, come under this standard, as there are additional risks to them with the amount and type of equipment in use altogether.</p>

<p><b>Hugging is the most beautiful form of communication that allows the other person to know beyond a doubt that they matter</b></p> <p>Rebecca Fox</p>	<p><b>TEST AND TAG REQUIREMENTS cont'd</b></p>
	<p><b>Recommendation:</b></p> <p>Annual and bi-annual testing and tagging of electrical equipment is recommended, but is only as good as the day it was undertaken to provide assurance of electrical safety. Items can become electrically unsafe and unreliable at any time, even after they have been tested and tagged.</p> <p>A person in each facility should be designated to visually check electrical items on a regular basis for intact wiring, and any obvious signs of damage or wear and tear. This would include electric hospital beds, as often cords can be damaged with beds being moved. This type of equipment remains under the NZS/AS3760 standard.</p> <p>It is advisable to have 30mA RCDs in place, and there is the suggestion that 10mA RCDs are an even safer mechanism to create higher protection for the use of all electrical equipment in facilities.</p> <p><i>Advice from Peter Morfee (Principal Technical Advisor- Energy Safety)</i></p>
	<p><b>SILVER RAINBOW</b></p>
	<div> <div> <p><b>Lesbian, Gay, Bisexual, Trans and Intersex (LGBTI) Education for Caregivers</b></p> <p><b>If you are interested please contact</b></p> <p>Julie on Julie.Watson@kahuitukaha.co.nz to find out how you can book Silver Rainbow education for your organisation.</p> </div> <div>  </div> </div>
	<p><b>EMPLOYER-ASSISTED WORK VISAS AND REGIONAL WORKFORCE PLANNING</b></p>
	<p>The Minister of Immigration has launched a public consultation on:</p> <ul style="list-style-type: none"> <li>• a set of proposals to reform employer support – temporary work visa settings; and</li> <li>• early thinking on aligning the immigration, welfare/employment, and skills/education systems on a regional basis.</li> </ul> <p>This is a consultation that you might have a strong interest in, and your input into this consultation would be invaluable in shaping final proposals.</p> <p>Consultation runs until 18<sup>th</sup> March 2019, and details of the consultation can be found on the MBIE website here: <a href="http://www.MBIE.govt.nz/TempWorkVisaConsultation">www.MBIE.govt.nz/TempWorkVisaConsultation</a> A discussion document can be found there and a link to make a submission online.</p> <p>If you would like to arrange a meeting to discuss this with the officials directly working on the consultation, or have more detailed questions they can be contacted directly on <a href="mailto:immigration-consultation@mbie.govt.nz">immigration-consultation@mbie.govt.nz</a></p> <p>Kind regards, <b>Paige Wilburn</b>, POLICY ADVISOR, IMMIGRATION POLICY</p> <p>Labour and Immigration Policy   Labour, Science and Enterprise Ministry of Business, Innovation &amp; Employment (MBIE) <a href="mailto:paige.wilburn@mbie.govt.nz">paige.wilburn@mbie.govt.nz</a>   Phone: 04 901 4951   Mobile: 021 263 2454 Level 3, 15 Stout Street, Wellington 6140   New Zealand</p>

Find strength in sharing	<b>HAVE YOU HEARD ABOUT GREY MATTER?</b>
	<p>We'd like to introduce you to another newsletter that the Ministry of Health Library prepares.</p> <p>The <a href="#">Grey Matter</a> 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 <a href="mailto:library@moh.govt.nz">library@moh.govt.nz</a></p>
	<b>TOTAL QUALITY PROGRAMME</b>
	<p><b>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?</b></p> <p>If the answer to the above is yes then</p> <p><b><a href="#">Join hundreds of other aged care providers</a></b></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 <a href="mailto:09jelica@gmail.com">09jelica@gmail.com</a></p>
	<b>TRAINING SESSIONS</b>
	<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 &amp; 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.</p> <p>I am happy to facilitate different times to suit evening and night staff.</p> <p>References available on request.</p> <p><i>Jessica</i></p>

<p><b>All our dreams can come true, if we have the courage to pursue them</b></p>	<p align="center"><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>
	<p align="center"><b>HELP ME KEEPING THE DATABASE UP TO DATE!</b></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](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.careerforce.org.nz](http://www.careerforce.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.learnonline.health.nz](http://www.learnonline.health.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 Trend antivirus protection in all aspects of e-mail sending and receiving

Signing off for this month!!

*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.