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Emailed to:
1733 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:

Kolmar Lodge - Auckland

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

If you are achieving this then please let me know as it deserves a special place and recognition!

FOOD PLAN VERIFICATION

Just a couple of reminders regarding the food plan verification.

- Read labels! If any product has an expiry date after opening make sure you write down the date of opening and discarding on the bottle, pack etc.
- Be able to show the verifier how to calibrate your food thermometer. Instructions are in the policy and on the form.
- Discard any chipped, rusty and broken utensils and other equipment.
- Ensure kitchen is spotless
- Ensure that the cook/chef knows at what temperature to cook the different products and for how long!
- Keep records up to date and signed off.
- Check temperature of frozen and chilled foods that are delivered.
- You must test each batch of poultry or minced meat you cook unless you can prove your method of cooking works every time
- If you decant ensure that there is a record of the original label to check ingredients.

HANDY HINTS**Sweet smell of clean**

As you dust away the winter cobwebs, start by sprinkling some cinnamon on the carpet. Then while you vacuum it up, the smell of cinnamon will fill the house. Yum.

Paper cuts, who haven't had one

You can still put your trusty lip balm to good use without those wintery winds – on paper cuts! Rubbing some of it on stingy paper cuts will seal them right up and stop the sting.

Outdoor spruce up

Fill a spray bottle with white vinegar and spritz it over your outdoor furniture before wiping it down with a cloth. This'll help get rid of mildew and stop mould from forming.

<p>I am not impressed by money, social status or job title.</p> <p>I am impressed by the way someone treats other human beings.</p> <p><i>A conscious rethink</i></p>	<p style="text-align: center;">MOVE IT AGAIN</p>
	<ul style="list-style-type: none"> • In partnership with the Moving and Handling Association of New Zealand (MHANZ), ACC is proud to be a key sponsor of Move It Again! 2018. See attached brochure • Moving and handling people (body stressing) is one of the most common causes of work-related injuries in the healthcare sector. • ACC is working with healthcare professionals to reduce serious workplace injuries and invest in injury prevention initiatives. • Move It Again! 2018 offers opportunities for professional development, networking and learning about the latest in moving and handling practice, technology and equipment. • ACC will be running a practical 90-minute workshop at each conference. This event is for anyone involved in moving and handling people. <p>The event is free for MHANZ members. For more information or to register go to www.mhantz.org.nz/latest-roadshow-information</p>
	<p style="text-align: center;">COMPLETE AGED-CARE MANAGEMENT SYSTEM (CAMS)</p> <p>I have been Nursing for over 30 years and working in aged care for the last 16 years. I have seen a lot of theory's, methods, policies, procedures come and go, and in some cases come back again wrapped in a different package. So when my Boss came to me 2 and a bit years ago and said he wanted to develop an on line system that would meet all of our needs and save both time and money I was skeptical to say the least. But I like my Boss and I'm kind of attached to the money he pays me, so I said 'OK as long as you let the users develop it with you, it needs to be easy to use and staff need to see the benefits of using this system over our old system i.e. speed, access, reliability. So that's what he did and 'CAMS' was born.</p> <p>The first phase of the system to come online included rostering, staff files, wages, ACC/IRD etc, resident's files, resident funding, petty cash, accounting, stock etc (you know all the important, to my Boss, money stuff).</p> <p>The second phase included communication systems i.e. diaries/phone book/messaging systems etc. Resident care files were also included in this rollout i.e. Care Status, care plans, assessments, nursing notes, Dr's notes, labs reports, wounds, activities and observation pages.</p> <p>And the third phase which is still being developed will relate more to Quality Assurance and on line forms, with data being taken right from the form and graphed to be analyzed (at present master copies of all forms used are uploaded to the forms section and still have to be printed out to be used).</p> <p>After each phase is rolled out we 'the users' have trialed it and tweaked or reworked sections to ensure they meet our needs. What I really like about the system is that it is attached to our website and can be accessed from outside the Facility, so I can monitor issues that arise without having to be on site.</p> <p>CAMS is a living system that is being used at 2 sites now and each has been able to customize it to meet their needs. The basic system is set and very user friendly but there will always be room for ongoing development and improvement to keep up with and meet the inexhaustible flow of MOH, HealthCert and Auditor's wants, needs and demands.</p> <p>It has been fun having input into the development of this system and seeing it come to life. I enjoy using it, CAMS is easy and makes sense to me and not to sound like an infomercial but 'now we are offering it to you'.</p> <p>If you are interested and like to have more info please contact: www.oxo.co.nz Mobile 027-252-4455 (James), 021-183-7123 (Jeannine), E-mail oxolimited@gmail.com, james.oxolimited@gmail.com, jeannine.oxolimited@gmail.com</p>

<p>When life knocks you down, roll over, and look at the stars. <i>Put a smile on my face</i></p>	<p style="text-align: center;">AN ELEPHANTS GRAVEYARD</p> <p>In 1982 Bruce Ruxton, Victorian President of The Returned and Services League in Australia declared that “ No poofters served in the Australian Arm in the Second World War” as a justification to prevent the laying of a wreath at a cenotaph to such a group of unknown individuals.</p> <p>I have heard that Aged Care Facilities in New Zealand hold a similar view. “We do not and never have had any in our Care “</p> <p>So that begs the question “Is there a Secret Rainbow Location where they go to die?”</p> <p>Or is there another question that needs an answer. “Why do you not know about them as there is strong evidence they do exist?”</p> <p>The answer lies somewhere between ‘We don’t know or We don’t care”</p> <p>I believe that the culture of Aged Care Institutions has been to not think about it. The paper work that requires completion to enter an Aged Care Home often is the starting point for displaying ignorance or indifference</p> <p>Male or Female? Married, Divorced or Single? Any Children?</p> <p>If your paper work delivers a message to a gay man or lesbian woman or a trans-sexual as to their acceptance or lack of it in your care then perhaps you need to revisit the signals you give when someone is encountering your values and culture for the first time.</p> <p>Even before customers decide to approach your facility it is almost one hundred percent certain that they will have looked at your website. My review of Aged Care websites in New Zealand is not encouraging for those who as Rainbow People may be seeking sanctuary in the final years of their lives.</p> <p>Are you sending them to an Elephants Graveyard? Are you making them invisible? Malcolm Angus Host at Outrageous Ageing OAR FM Dunedin</p>
	<p style="text-align: center;">SILVER RAINBOW</p>
	<div> <div> <p>Lesbian, Gay, Bisexual, Trans and Intersex (LGBTI) Education for Caregivers</p> </div> <div>  </div> </div> <p style="text-align: center;">If you are interested please contact Julie on Julie.Watson@kahuitukaha.co.nz to find out how you can book Silver Rainbow education for your organisation.</p>
	<p style="text-align: center;">HANDY HINTS</p>
	<p>Dissolve barcode goo</p> <p>Having trouble getting an annoying barcode sticker off? Rubbing it with a cloth soaked in vinegar will instantly remove the sticker – and the goo it leaves behind.</p>

<p>Helping one person might not change the whole world, but it could change the world for one person Mindfulness works</p>	<p>PATIENT SAFETY WEEK 2018</p>
	<p>When: 4–10 November 2018 Theme: Infection prevention and control</p> <p>You may know that the Health Quality and Safety Commission, in partnership with the sector (and support from ACC and the MoH) organises a Patient Safety Week focus each year. This year Patient Safety week, which is coming up on 4–10 November, is themed around hand hygiene and the importance of keeping bugs at bay to reduce the risk of infections becoming resistant to antibiotics.</p> <p>The messages for good hand hygiene, and avoiding the spread of germs are relevant right across the sector: from primary care, aged residential care and hospital settings. We have a range of innovative and memorable resources / visuals, that are being promoted across the sector, and activities that can be undertaken by teams / individuals, or in other creative way that organisations can think of.</p> <p>You are encouraged to look at this as a topic / week worth promoting across your facilities / networks / communication channels. The Commission likes to ensure that the aged residential care sector features strongly in the activity as well this year, given the topic is so relevant.</p> <p>Please circulate and profile widely – and we hope that those of you in lead quality roles in your facilities will take up this opportunity. Where activity does take place, we would really like to hear from you so we can profile some of the activity / stories.</p> <p>If you have feedback, questions, or would like to discuss any aspects of PSW, please contact the team at patientsafetyweek@hqsc.govt.nz or phone 04 901 6040.</p> <p>Any queries please feel to get in touch. You will need to adapt some creative thinking in tailoring this for both staff and residents / family / whanau.</p> <p>Just so you know all this has been widely targeted to DHBs through their Communications Teams, so if you think there is benefit, you could combine efforts with your local DHB. Please see below for the latest update about Patient Safety Week 2018. If you have any feedback or questions, please contact the team at patientsafetyweek@hqsc.govt.nz.</p> <p>Updated timeframe Resources delivered: 22–29 October 2018 Patient Safety Week: 4–10 November 2018</p> <p>Audiences Here is a reminder of our PSW audience groups.</p> <ul style="list-style-type: none"> * Health consumers with an emphasis on: Hospital inpatients, visitors to hospital, primary school-aged children, Māori, Pacific and Asian populations, community groups (eg, sports teams, churches, community halls), support networks of our audiences (eg, parents of young children). * Health professionals who have direct patient contact, including: General practitioners, hospital staff, all workers involved in the delivery of health care. <p>Your activities during the week Please send us photos of or updates on anything you are doing to mark PSW!</p> <p>Feedback or enquiries If you have feedback, questions, or would like to discuss any aspects of PSW, please contact the team at patientsafetyweek@hqsc.govt.nz or phone 04 901 6040.</p> <p>Tēnā rawa atu koutou, The Commission communications team</p>

<p>Rumours are carried by haters, spread by fools and accepted by idiots</p> <p>The nutters club</p>	<p>INTERNATIONAL DYSPHAGIA DIET STANDARDISATION INITIATIVE (IDDSI)</p>
	<p>International Dysphagia Diet Standardisation Initiative (IDDSI) is an international framework that's being implemented worldwide. Many NZ aged care sites and hospitals have already fully adopted the framework. It is expected that all NZ sites adopt and have IDDSI <u>fully implemented by 1st January 2019.</u></p> <p>At Pure Foods we're passionate about providing older people with the best quality of life through delicious nutritious food and safer textures. New important international standards have come into play this year with an implementation due date of <u>1st January 2019.</u> We want to help make sure the NZ aged care industry is ready and informed.</p> <p>We've thoroughly researched these new standards and together with aged care clinicians, we have put together educational material to help others understand the changes and their impact. Since you play an important role in providing the best possible care for older people in NZ, I thought you would be interested in these resources.</p> <p>Check out the educational video below to learn more. Feel free to share it amongst your team so everyone can be brought up to speed. https://thepurefoodco.co.nz/blogs/nutrition-aged-care/iddsi-and-dysphagia-educational-video</p> <p>Some other links which you might find helpful: Pure Foods Moulding https://youtu.be/uZokkGV6N20</p> <p>The True Cost of Malnutrition https://youtu.be/Bnn9pbLiIRs</p> <p>Dysphagia and IDDSI https://youtu.be/yQy3SbgzADY</p> <p>The framework standardises terminology, definitions and testing methods for texture modified foods and thickened fluids for residents with dysphagia. It's vital residents with dysphagia receive the correct texture every time so they remain safe and healthy.</p> <p>Pure Foods products have been designed suitable for use with IDDSI framework so your kitchen achieves compliance, and you have peace of mind knowing your residents are receiving the correct safe texture every time. All our food is fortified with protein, energy and fibre to boost resident nutrition. Plus they are 100% natural, can be molded into shaped food and are super delicious.</p> <p>If you have any questions contact Sam Bridgewater info@thepurefoodco.co.nz</p>
	<p>HANDY HINTS</p>
	<p>Soothe sore lips If your lips are prone to chapping in the chilly months, put a water-soaked green tea bag on them for five minutes. They'll soon be soft, smooth and kissable again</p> <p>Bugs away! Poking a few cloves into half a lime makes a good smelling, natural bug repellent. Also, try sprinkling coffee grounds near your doorways – the high nitrogen content will keep bugs out.</p>

How overmedication is injuring and killing our elderly: a world-first study

Elderly taking multiple high-risk medications for sleeping, pain or incontinence are twice as likely as others to fall and break bones, with many dying within a year of their injury, new research shows.

The University of Otago, Christchurch study is the first in the world to measure the impact of taking multiple medications on fractures in the elderly. In elderly, 90 per cent of fractures are the result of a fall.

Between 20 and 30 per cent of elderly die within a year of suffering a fracture.

The information will now be used in a nationwide study of pharmacy databases to see if prescriptions of certain high risk drugs can be reduced in the elderly.

The overmedication and fractures study was led by geriatrician and University of Otago, Christchurch researcher Dr Hamish Jamieson. Professor Phil Schluter from the University of Canterbury was the lead biostatistician. The study also involved scientists from six other universities, including Harvard and John Hopkins Universities and the Universities of Sydney and Canterbury. It was funded by the Government's Ageing Well National Science Challenge.

Dr Jamieson says the impact of fractures on individuals and the community is immense. They result in loss of mobility, poorer quality of life, early entry into an aged care facility, and in up to a third of people with a broken hip, death within a year of the injury.

Specifically, the research team found:

- People taking more than three Drug Burden Index medications (specific medications that sedate or affect a person's cognition) are twice as likely to break their hip than those taking no medications.
- Between 20% and 30% elderly who broke their hip died within a year.
- In the elderly, 90% of all broken bones are the result of falls.

Dr Jamieson says understanding how taking multiple medications impacts on falls and broken bones is a significant piece of information for patients, their GPs and pharmacists. The reason multiple medications cause falls is because drugs have side effects and each medication may react with others to create additional effects, he says.

Medications linked with significantly increasing the risk of broken bones had 'sedatory' and 'anticholinergic' side effects. These medicines are common and prescribed for many conditions such as sleeping, pain and incontinence. Side effects of the medicines include sedation, a dry mouth, blurred vision, dizziness and confusion, Dr Jamieson says.

"All medications have beneficial impacts. However, increasingly we are studying the long term side effects of medications in the elderly. The impacts can be subtle but this can cause a major impact in the frail elderly and can cause falls, loss of independence and even premature death."

Dr Jamieson says a number of factors predispose the elderly to medication side effects. This includes not being able to metabolise medications as well as young people, being on multiple medications, and frail and more susceptible to side effects.

For further information, contact:

Kim Thomas, University of Otago, Christchurch Mob 64 27 222 6016

Life is short.
Take the trip
Buy the shoes.
Eat the cake
Lessons learned

<p>Never wait for a perfect moment, just take a moment and make it perfect! <i>Power of positivity</i></p>	HAVE YOU HEARD ABOUT GREY MATTER?
	<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>
	TOTAL QUALITY PROGRAMME
	<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</p> <p>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.</p> <p>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>
	TRAINING SESSIONS
	<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:</p> <p>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.</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>

Peace begins with a smile	NEWSLETTERS BACK ISSUES
	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.
	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!
	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. 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. Thank you all for your contribution each month. <i>Jessica</i>

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 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.