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Emailed to:
1705 readers
and counting

Welcome to my
overseas readers

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4 YEAR CERTIFICATION**4 year certification**

St Allisa - Christchurch
Masonic Court Rest Home – Wanganui
Matamata Country Lodge - Matamata

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!

AWARD FOR KERINGLE PARK RESIDENTIAL CARE NURSES

It was great to see that an initiative in aged care received the recognition it deserved.

Counties Manukau recognises and celebrates outstanding clinical services.

I have the pleasure to regularly work with Keringle Park's manager, nurses and staff, and have witnessed the passionate care these people bestow on their residents. It was exciting to hear about their initiative to bring back "normal" in the residents' daily life.

This took vision, perseverance and dedication from the whole team under supervision and encouragement of the manager and the 2 nurses awarded (Kathryn and Nadine).

It was therefore a special moment to have this effort and subsequent result recognised during the evening of the awards. The following was said on the night.

"Kathryn Cleghorn and Nadine O'Brien introduced an initiative in November 2017 at Keringle Park which was tailored to their very vulnerable advanced dementia residents who were incontinent and routinely wearing continence products. Using a patient centered, partnership model, Nadine and Kathryn were able to engage their team in their vision of rekindling normal toileting habits without the need for bulky, uncomfortable and undignified padding. They saw it as an opportunity to increase mobility through walking residents to the toilet regularly, increasing staff and resident interaction, reducing the risk of urinary tract infection and maintaining skin integrity. With the support of families, the staff made a commitment to make a difference and using data collection, assessment skills, bladder retraining and focused supervision they developed very personalised toileting plans for each resident. The results are that 57% of residents are now out of continence products altogether and where they are worn it is appropriately and minimally. Katherine and Nadine have demonstrated leadership and role modelling best practice as they led their team through this successful change."

Well done all and thank you for sharing. It is once again evidence that smaller facilities can do big things! We just need to publish them. Please share your good news stories!

LATEST EVIDENCE SHOWS FORTIFIED FOODS ARE COST EFFECTIVE AND FEASIBLE

By Kaye Dennison (NZRD) (The Pure Food Co)

As health care professionals, having some hard evidence behind what we advise is key. Poor nutrition is associated with greater risk of pressure injuries, infections, poor recovery and increased length of hospital stay. Oral nutritional supplements (sip feeds) are frequently used in cases of poor nutrition, and certainly have their merits for short term rehabilitation and long term nutrition support, however patients often dislike them.

Hot off the press, a systematic review published January 2018 gives us a look into the evidence behind an alternative strategy – going back to basics and using food first to get enough energy and protein into our hospitalised older adults. Key findings from this review.

Food fortification (energy and protein dense meals)

Imagine you're feeling sick, you've been admitted to hospital for an acute health issue, you're nauseous, have no appetite and feeling worried about your health. Someone comes along and encouraged you eat something you've never tried before, and tastes a bit weird. You're probably not going to eat it. Add delirium or confusion into the mix and it's a recipe for inadequate oral intake.

Fortifying foods that are familiar and already accepted by the older person by adding ingredients such as margarine, cream, honey, cheese, skim milk powder, vegetable protein and healthy oils is a great way to boost the energy and protein content of meals. Or there is the option of using pre prepared fortified foods that have already been fortified for you. Several studies highlighted in the systematic review showed the use of fortification was significant in supporting older people to increase their dietary energy intake. Better still, four studies found either positive or neutral feedback in the compliance and tolerance of fortified foods when compared with the non-fortified variety.

Snacks and portion sizes

Eating smaller, more frequent meals and snacks, can often help an older person get more nutrition in during the day. One study found that including cakes, cheese sandwiches and Danish pastries in between meals increased a patient's energy intake.

Another study demonstrated success in increasing intake by using half portions but ensuring those smaller portions were adequately fortified (using the methods suggested above). Too often, older adults are overwhelmed with large portion sizes, meaning they ultimately eat very little. Having snacks in between meals can be very useful in this case, particularly if the older person is unwell, as nutrition plays an important role in recovery.

Cost-effectiveness

Another strong benefit of using fortified foods and snacks for between meal snacks are their undeniable cost effectiveness. One study included in the review showed that these methods were more cost effective than giving patients sip feed drinks; even when accounting for the extra time it takes for staff to prepare such meals.

So, where to from here?


When identifying a patient is at risk of malnutrition or malnourished, instead of using oral nutrition supplements as the 'go to' or first port of call, let's go back to the basics and start with food first. For older patients who are unwell and might be confused or delirious, fortifying 'normal' foods and including snacks that are already familiar and acceptable to that individual could encourage increased oral intake, support their recovery and promote a better quality of life overall.

References:

Mills, S.R., et al., *Can fortified foods and snacks increase the energy and protein intake of hospitalised older patients? A systematic review.* J Hum Nutr Diet, 2018.

A good
relationship is
when someone
accepts your
Past,
Supports your
Present
And
Encourages
your Future

Fabiosa

<p>Be impressed by: kindness, integrity, humility and generosity instead of being impressed by: money, degrees and titles.</p>	<h2>5 TOP TIPS TO REDUCE STRESS</h2>	
	<p>By Emily Jensen</p> <p>With our busy and fast-paced lives juggling work, children and trying to squeeze in a social life, it's not uncommon to experience a bit (or a lot) of stress! Although sometimes the cause of our stress can be out of our control, we can help to support our body's response to stress and get back to a sense of calm. Below some tips to reduce stress.</p> <ol style="list-style-type: none"> 1. Avoid Caffeine Caffeine stimulates our body to produce cortisol, our stress hormone. When we're already in a stressed state, a cup of coffee can exacerbate the problem. Instead of reaching for that cup of joe, try a herbal tea such as chamomile to help nourish your nervous system. 2. Strike a Pose The simple act of putting your legs up the wall for 10-15mins and focusing on your breath is a great way to reduce your stress levels and tap into your parasympathetic (your rest and digest) nervous system. If you're overly stressed and run down, stick to gentle exercise such as yoga and walking and avoid or limit any high intensity exercise that might place additional stress on your adrenals. 3. Balance Your Sugar Levels We often crave sugary foods when we're stressed, or can completely forget to eat all together because we're just too busy! This can lead to a vicious cycle of highs and lows in our blood sugar levels, which can be stressful on the body. Remember to eat small and often, include a source of protein and healthy fats at each meal, and avoid refined sugars. 4. The Power of Herbs Herbs to support and nourish the nervous system during stress include chamomile, valerian, lemon balm and passionflower. B vitamins are a great option to help support your body to cope with stress and reduce the effects of nervous tension. 5. Talk to Someone Share your feelings with someone you trust, such as a close friend, family member, colleague, or a trained professional. Talking about any issues you're experiencing is a healthy and effective way of channelling your emotions. Remember, it's always OK to ask for help. 	
	<h3>SILVER RAINBOW</h3>	
	<div> <div> <p>Lesbian, Gay, Bisexual, Trans and Intersex (LGBTI) Education for Caregivers</p> </div> <div>  </div> </div> <p>If you are interested please contact</p> <p>Julie on Julie.Watson@kahuitukaha.co.nz to find out how you can book Silver Rainbow education for your organisation.</p>	

<p>The only things you can take with you when you leave this world are the things you've packed inside your heart.</p> <p>Susan Gale</p>	<p>LEARN MORE ABOUT DEMENTIA WITH ALTURA LEARNING FOR FREE!</p>
	<p>As part of our support for Jelica's Link and our recent arrival to New Zealand, we are offering you the chance to view our course, "Dementia : Engaging the person with meaningful activities", free of charge. You can register to view the programme by clicking here (while holding down the CTRL key)</p> <p>One of the many things we've learned over the past 20 years, is that the quality of the learning content your staff receive is absolutely key. It has a direct impact on the quality of the service they provide.</p> <p>Therefore, we never compromise on the quality of our content and for each one of them we ask ourselves – Does it Engage, Inform and Inspire? Our unique and innovative approach uses story telling videos based on situations that you and your staff encounter daily.</p> <p>This method has been proven to engage better nurses & carers and to improve the quality of care they provide but also ensures learning is familiar, authentic and relevant. Watch more here (while holding down the CTRL key)</p> <p>We currently have 100+ online video courses which all of them are co-designed with Aged Care industry experts, are constantly updated with current industry legislations, count towards CPD and can be accessed anywhere, anytime, via any internet connected device. To find out more about our learning solutions, go to www.alturalearning.com and find the training that suits your need.</p> <p>For more information contact Julie Sparks, julie.sparks@alturalearning.com Head of Region NZ at Altura Learning Ph 027 4438659</p>
	<p>WARFARIN AND WHAT FOODS ARE SAFE</p>
	<p>Kaye Dennison (Dietitian & Nutritionist) (from the Pure Food Co)</p> <p>What can a resident who is on Warfarin eat?</p> <p>This is a question I was frequently asked as a community dietitian. There is an urban myth that when someone is prescribed warfarin they need to cut out all all green vegetables which is not true.</p> <p>Warfarin (blood thinner): For anyone taking warfarin it's important they continue to enjoy the foods they are used to eating and don't unnecessarily limit their intake.</p> <p>Warfarin is a blood thinner which is prescribed as a preventative measure for people who are at risk of having blood clots. These blood clots can cause a stroke or heart attack.</p> <p>Vitamin K: When people are prescribed warfarin they are advised to take care in eating foods which are rich in vitamin K. Vitamin K acts as a natural blood clotting agent and in large amounts, will react with warfarin to reduce its effectiveness.</p> <p>Foods rich in vitamin K and regularly consumed in New Zealand include: broccoli, brussel sprouts, cabbage, kale, lettuce, spinach, watercress, beef, liver, soybeans, wheat bran and green tea.</p> <p>Consistency; Vitamin K rich foods can be eaten and enjoyed, as long as they are regularly included in meals and consumed in consistent amounts. By consistent amounts, I mean having about the same amount of these vegetables on a regular basis, and not having a large amount one day, followed by none the next few days.</p> <p>Serving sizes: One to two servings of green vegetable on a daily basis is recommended as part of a balanced diet. A serving is half a cup of cooked green vegetables or a handful of green salad.</p> <p>Further Info: Keep your doctor informed of any dietary supplements you take and discuss with them vitamin or herbal supplements you are considering taking.</p> <p>For further information on warfarin access this information sheet on the PHARMAC website</p>

<p>If you weren't suppose to have midnight snacks why is there a light in the fridge</p>	MIGRANT CAREGIVER CHASING HER DREAM	
	<p>Story of Korean migrant Angelina Son becoming CEO of incontinence products supplier Angelhands Ltd.</p> <p>What triggered Angelina to import incontinence pads?</p> <p>"When I was working as a caregiver, I often found out that the incontinence products that I was using were a lot less efficient in terms of absorbance, too bulky, and got thrown away without being fully utilised compared to Korean products.</p> <p>Not only was this cost inefficient, but there was also an environment issue due to the enormous wastage. This triggered my interest in incontinence products.</p> <p>I have found the bad odour from urine and faeces not only affects the caregivers but the whole facility. This led me to focus on products that could minimise the odour yet friendly on the environment.</p> <p>The unit manager where trial was conducted states, "Green Tea liner from Korea used in Smart solution proved to reduce 12% of cost and 22% of waste."</p> <p>Angelina said, "As a Korean migrant I know the premium quality and the advanced technology of Korean products. Based on my year of research and testing, I found the company with Green Tea Patch liner technology, Shinwoo P&C.</p> <p>Shinwoo P&C CEO Jong-Ho Kim's business philosophy is 'Honour your parents'. He is collaborating with Angelina to supply optimum products for New Zealanders.</p> <p>When Green Tea liner is used together with ultra thin briefs, the caregivers only need to replace the liner. This is one person's job and produces less cost and waste. Green tea patch inside the liner is designed to activate when met with warm urine and releases green tea scent. This eliminates the odour and the antibacterial property of green tea will leave the skin refreshed and healthy.</p> <p>Trial result show a 12.37% cost saving, 22.1% waste reduction, 100% odour improvement.</p> <p>"I was a caregiver. So I chose the product that the caregivers will love to use."</p> <p style="text-align: center;">"Angelhands" thinks of your caregivers. Caregivers think of your residents. Your facility will be a happier and better place to stay."</p> <p>Angelina says, "Choose our green tea pads and focus on the more important things you do!" "Don't worry be happy."</p> <p>Contact Angelina : angelinasonjongin@gmail.com (021-562-562]</p>	
	QUICK HANDY TIPS	
	<p>High and dry; As the wild weather draws closer, get proactive about flooding. Prop things in the garage up on bricks and place valuables on higher shelves to save yourself time and trouble if the waters start rising</p> <p>No more mould; If you don't want your shower curtain to grow mould, spray it with salt water when you first buy it. It will be a permanent mould-deterrent</p> <p>Fresh as daisies; For a sweet-smelling bathroom hack, put a few drops of essential oil (like lemongrass) onto the cardboard tube of your toilet paper roll.</p>	

<p>Never say, "I can't" Always say, "I'll try". Make the time PT</p>	<p style="text-align: center;">SPAM WARNING</p>
	<p>Some bad people are making Spam phone calls. Please share it with your team.</p> <p>The automated message is in a New Zealand accent and asks the caller for their name and IRD number. It states: "This is the Police, you owe money to Inland Revenue. If you don't pay you will be arrested. Please call 04 889 0505."</p> <p>This is not the New Zealand Police!</p> <p>Please remember that government agencies will never call you to ask for your bank account or credit card details. If you receive a call like this and have any doubts about its legitimacy, double check their details or simply hang up the phone.</p> <p>Anyone who believes they are a victim of any crime, in person or online, should report the matter to their local Police.</p> <p>You can find out more on the latest spams, ways to protect your identity here:</p> <p>http://www.ird.govt.nz/identity-security/scam/scam-alert.html</p>
	<p style="text-align: center;">TOTAL QUALITY PROGRAMME</p>
	<p style="text-align: center;">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 style="text-align: center;">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>
	<p style="text-align: center;">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:</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. I am happy to facilitate different times to suit evening and night staff.</p> <p>References available on request.</p> <p style="text-align: right;"><i>Jessica</i></p>

<p>Some people grumble that roses have thorns; I am grateful that thorns have roses. Alphonse Karr</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.

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- E-mail addresses in my contact list are accessible to no one but me
- Jelica Ltd uses Avast antivirus protection in all aspects of e-mail sending and receiving

Signing off for now.

Jessica

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