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1349 readers
and counting**

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4 YEAR CERTIFICATION

I am very pleased to mention more facilities achieving

4 year certification.

My compliments and congratulations to:

Nothing received. Must have been a slow audit month!

I would like to mention that achieving 3 years is still a great outcome so if you have received 3 years then please celebrate that and receive my congratulations for that achievement.

And 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.

ACTIVITIES

I like to use this section for activities that can be done with the residents. So I ask all activity coordinators, DT's and OT's to send me ideas that they are willing to share with their colleagues and thus help each other to make the activities programme in every facility interesting and special.

I will start off with this month's idea for a game.

This isn't really a game, but an idea to get everyone talking and participating and hopefully laughing and having a fun time. Put some words or phrases into a gift wrapped box and have each person pick one and tell a story about their life or event from their life about that word or phrase. I'm sure even more stories will come out from the other residents.

Examples - Honeymoon, sunset, stranger meeting, embarrassing moment, first kiss, movie star, etc.


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.

Jessica

<div>If stress burned calories, I'd be a super model Minion</div>	SNIPPETS	
	THE PURE FOOD CO WINNERS AT THE NEW ZEALAND FOOD AWARDS	
	Recently, we were announced as the winner of the Massey University Health & Wellness Award at <u>the New Zealand Food Awards</u> .	
	The New Zealand Food Awards recognise innovation and excellence in the food industry and feature a broad range of food and beverage producers from across New Zealand.	
	It is an honour to be acknowledged as we strive to create awareness in texture-modified foods, and improve the quality of the eating experience for all those with difficulty eating	
	Congratulations to Sam and the team. Well done!	
	CHRISTMAS CUSTOMS (an interesting topic to discuss with your residents and to see what their customs were during Christmas.	
	Christmas around the world: In Italy, children receive gifts from the good witch La Befana, old, bent and dressed in black. La Befana was a widowed, childless woman when the Three Kings passed on their way to see the Christ child. When they asked her the way to Bethlehem she was busy cleaning and sent them away. Realizing her mistake, she left to search for the Baby Jesus. To this day she is still searching going from house to house on Epiphany, January 6, leaving a gift for good children.	
	Russian children await gifts from Babouska, a farmer’s wife who offered food and shelter to the Three Wise men on their journey to Bethlehem, Baboushka declined their offer of travelling with them to visit the Christ child. Realizing her error on the eve of Epiphany, she tried unsuccessfully to find them, but handed the presents she had intended for the infant Jesus to children she passed along the way.	
	In Spain, Mexico, Puerto Rico and South America , the Three Kings or Wise Men bring Christmas gifts to children, while in France children eagerly await the coming of Father Christmas or Pere Noel who brings their gifts.	
	In some cultures, Saint Nicholas travels with an assistant. The old bishop Sinterklaas arrives in Holland on December 6 in his red bishop’s costume astride a white horse. In many port towns, he is said to have sailed in on a ship from Spain. Beside him walks Black Peter with a black sack and a book recording each Dutch child’s behaviour through the year. Good children receive a gift from the bishop while bad children may be carried away in Black Peter’s sack.	
	In Germany Saint Nicholas also travels with a helper, known as Knecht Ruprecht, Krampus, or Pelzebock, and comes with a sack on his back and a rod or switches in his hand. Saint Nicholas gives gifts to good children, while those who have been bad are punished by the assistant with a few hits of a switch.	
	Swedish children wait for the gnome Jultomten, also called Julemanden or Julenisse, who dresses in red and carries a sack of gifts on his back. He flies in his sleigh pulled by the Julbocker, the goats of Thor, the god of thunder. Elves, called the Juul Nisse, hide in the attics of families throughout the year, eagerly waiting to help him. Children leave bowls of milk or rice pudding in the attic for the elves, hoping they will be empty in the morning.	
	In Austria and Switzerland it is Christkindl or the Christ Child who arrives bearing gifts. In some towns children await the Holy Child and in others Christkindl is a beautiful girl-angel who comes down from heaven bearing gifts.	
	And in England a thinner version of Santa Claus known as Father Christmas, wearing long red robes with sprigs of holly in his hair, delivers gifts to children	
Jessica		

<p>Never let the sadness of your past and the fear of your future destroy the happiness of your present Royalty</p>	<p>UPDATE ON THE REVIEW OF ADULT PALLIATIVE CARE SERVICES: OCTOBER 2015</p>
	<p>What is the purpose of the Review? The Review is an opportunity to take stock of some great work already happening in palliative care and identify whether we need to strengthen some initiatives, focus on new areas, or change the way we do things. We want to make sure we have the right arrangements and supports within the health system to ensure all New Zealanders receive high quality palliative care when they need it. The terms of reference for the Review are on the Ministry's website and provide further details about the Review's scope and purpose.</p> <p>Who is running the Review? The Review is being overseen by a cross-Ministry Steering Group. The Review team sits within the Policy Business Unit of the Ministry of Health.</p> <p>What is the role of the Palliative Care Advisory Panel? The Palliative Care Advisory Panel (the Panel) is an expert advisory group that is currently being established by the Ministry. The Panel's membership will be announced over the next few weeks. We hope to have a first meeting of the Panel before the end of the year. The Panel will provide guidance and advice on the Review. The Ministry will seek consensus with the Panel as far as practicable but will retain final ownership of key deliverables and advice to the Minister. The Panel has a wider advisory role than the Review and will continue to operate after the Review has concluded.</p> <p>How is the Review going to run? The Review will have three broad stages: 1. Information gathering and analysis – October to December 2015 <i>How will we do this?</i> Phone and face-to-face interviews with people involved in palliative care; attending standing meetings and forums in the sector; site visits to different regions and places of care; reviewing existing work; request for information to DHBs. 2. Testing initial findings with further information gathering and analysis – February to April 2016 <i>How will we do this?</i> Engagement with the newly established Palliative Care Advisory Panel (see below), regional workshops with sector and service users; engagement on draft working papers with stakeholders; a process of public engagement to be confirmed. 3. Pulling together a final report – May to September 2016 <i>How will we do this?</i> Drawing from feedback from the sector and filling identified gaps, with further analysis and sector engagement as needed.</p> <p>How can I be involved in the Review? <i>Arrange a phone or face-to-face meeting with a member of the Review team</i></p> <p>Who can I contact about the Review? Please contact the Project Lead, Kate Timlin, Senior Policy Analyst, Sector and Services Policy, Policy Business Unit. Kate.Timlin@moh.govt.nz Direct Dial 04 816 3476</p>

<p>I'm a very strong believer that whoever is meant to be in your life will always gravitate back towards you, regardless how far they wander.</p> <p>Robert Tew</p>	STOP AND WATCH TOOL
	<p style="text-align: center;">Early identification tool aims to reduce after hours emergency department admissions</p> <p>The Stop and Watch tool is a part of the Interventions to Reduce Acute Care Transfers (INTERACT) program and assist with the early identification of a deteriorating resident.</p> <p>The tool allows anyone who engages with a resident regularly and identifies a change in the resident's condition, to flag their concerns right away.</p> <p>Once the staff member has initiated <i>Stop and Watch</i> and reported it to the nursing team leader, an assessment of the resident must be undertaken by the nurse to determine what pathway must be followed, including:</p> <ul style="list-style-type: none"> cessation of Stop and Watch – nothing of a serious nature has been observed continuation of the Stop and Watch observations for a number of hours to determine any deterioration in the resident, at this stage the nurse has the option to contact the GP, the In-Reach staff or locum service for advice <div style="text-align: center;">  <p>INTERACT^{II} <small>Interventions to Reduce Acute Care Transfers</small></p> <p>EARLY WARNING TOOL</p> <p>"Stop and Watch"</p> </div> <p>If you have identified an important change while caring for a resident today, please circle the change and discuss it with the charge nurse before the end of your shift.</p> <p>Name of Resident _____</p> <p>Seems different than usual</p> <p>Talks or communicates less than usual</p> <p>Overall needs more help than usual</p> <p>Participated in activities less than usual</p> <p>Ate less than usual (Not because of dislike of food)</p> <p>N</p> <p>Drunk less than usual</p> <p>Weight change</p> <p>Agitated or nervous more than usual</p> <p>Tired, weak, confused, or drowsy</p> <p>Change in skin color or condition</p> <p>Help with walking, transferring, toileting more than usual</p> <p>Staff _____</p> <p>Reported to _____</p> <p>Date ____ / ____ / ____ Time _____</p>



BOUQUET



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Wrinkles mean
you laughed,
grey hair
means you
cared, and
scars mean you
lived!
Spirit Science

TRAINING SESSIONS

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, Choice, Communication and Documentation, Quality and Risk Management, Abuse and Neglect prevention, Restraint Minimisation and Safe Practice, Behaviour Management, Complaints Management, Open Disclosure, EPOA, Advance Directives, Informed Consent, Resuscitation, Health and Safety, Ageing process, Mental Illness.

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.

Jessica

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	NEWSLETTERS BACK ISSUES
	<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>

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>; www.safefoodhandler.com; www.learneonline.health.nz; www.bugcontrol.co.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

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- 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 Norton antivirus protection in all aspects of e-mail sending and receiving

Signing off for now.

Jessica

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