

An independent newsletter for people interested in Aged Care

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**Emailed to:
2003 readers
and counting**

**Welcome to my
overseas readers**

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I haven't received any notification from facilities achieving 4 years.

*If you are having an audit this month, then all the best.
Hope you achieve a good outcome.*

SPECIAL DAYS THIS MONTH

MARCH

Wednesday 2 March -	Ash Wednesday.
This is the first day of Lent starting approximately 6 weeks of fasting and penance.	
First Sunday in March the 6 th -	Children's Day
Tuesday 8 March	International Women's Day
Thursday 10 March	Walk To Work Day
Tuesday 14 March	Taranaki Anniversary Day
Thursday 17 March	St Patricks Day
Tuesday 22 March	Otago Anniversary Day
Tuesday 22 March	World Water Day
Tuesday 22 March	Race Relations Day

APRIL

Friday 1 April	Fool's Day
Sunday 3 April	Daylight saving ends. (Clock one hour back)

MINIMUM WAGE

The minimum wage rate currently \$20.00 per hour, is increasing to \$21.20 per hour from 1 April 2022.
If you have adult employees earning less than minimum wage, you are legally required to pay the minimum wage.

When there is a wage rate change, you need to advise the employee of this, and record the change in writing and have employee sign. After signing, you should keep one copy for your records, and give the other to your employee.

The minimum rates apply to all employees. It doesn't matter if they work full-time, part-time or casually.

You need to pay the adult minimum wage to all employees aged 16 and over unless they are eligible for the 'starting-out' wage or the 'training' wage.

If you have salaried employees, you need to make sure that their total remuneration meets minimum wage requirements for each individual pay period.

RECONNECTING NEW ZEALAND

From 11.59pm on 27 February, New Zealand citizens and residents who are vaccinated and who have arrived from Australia can self-isolate on arrival for seven days. View details about the self-isolation and other health requirements at <https://covid19.govt.nz/international-travel/travel-to-new-zealand/>

**COVID
WHAT DOES PHASE 3 LOOK LIKE?**

The following guidelines were up to date at the time of publishing but these could well change tomorrow so it is really important to stay up to date and check the MOH and Covid19 websites daily.

With daily cases in the thousands, we have now moved into phase 3. This means a change in definition of “close contacts” and changes to testing.
The Rapid Antigen Test (RAT) will be used a lot more.
Contacts will change to household and household like contacts. Only the highest risk contacts will need to isolate.

If staff are asymptomatic, healthcare and critical workers who are close contacts, test a negative RAT, can return to work.

Anyone who tests positive for the virus will still need to isolate for 10 days.
Household contacts or household-like contacts will need to isolate until the person who is positive completes 10 days of isolation. A test on day three and day eight will be required, or if symptomatic.

Close contacts who don't live with the positive case will need to isolate for seven days, and test on day five or if symptomatic.
There will be extra support in place if a health or critical worker is a contact.

The use of digital technology such as notifying cases via text message will continue to be used.

Most people who have the virus will be able to look after themselves at home, (see next page), while health workers will focus on those needing the most help.

It is important to get boosted, wear a mask, follow basic hygiene rules we've become so familiar with, and reduce contact as much as is practical.

MY COVID RECORD

My Covid Record Record's new Rapid Antigen Test (RAT) self-reporting function

This email is to inform you about a new function in My Covid record:

<https://mycovidrecord.health.nz/>

It will allow asymptomatic critical workers, who are close contacts, to record self-administered RATs in their account and return to work under the Close Contact Exemption Scheme (CCES) <https://www.business.govt.nz/covid-19/close-contact-exemption-scheme/> provided they return negative results.

Please see a video on self-reporting a RAT in My Covid Record here

<https://covid19.govt.nz/testing-and-tracing/covid-19-testing/rapid-antigen-tests-rats/>

COVID-19 VACCINE HEALTH ORDERS

For people who missed the webinar on **Changes to the Significant Service Disruption exemption process** that was launched earlier last week here is the link to the webinar:

- Recording of the webinar - <https://youtu.be/O83Erg5IKIA>

Christine Nolan | Noho ora mai | Group Manager National Contracts, Quality & Workforce | National Immunisation Programme

Be a good person but don't waste time trying to prove it

COVID-19 INFECTION AND CARE

Most people with COVID-19 develop cold and flu-like symptoms that can last up to two weeks. Most symptoms can be managed with:

- bed rest (if lying down, change position every 30 minutes to two hours)
- taking paracetamol or ibuprofen to relieve headaches, aches and fevers
- keeping hydrated with regular sips of water
- honey or lozenges for a sore throat
- decongestants for a blocked nose.

Continue to take any regular medication. Some people will be prescribed medication to reduce their chance of needing hospital level care.

It is important to track your symptoms every day in case you become more unwell and need urgent medical care.

Most people will recover within 10 days to two weeks, but others may have persistent symptoms for months.

Important and helpful website:

<https://www.health.govt.nz/system/files/documents/pages/guidance-for-situations-where-healthcare-workers-are-covid-19-cases-or-contacts-during-an-omicron-outbreak-16feb2022.pdf>

<https://www.health.govt.nz/system/files/documents/pages/management-of-covid-19-healthcare-staff-exposures-at-work-16feb2022.pdf>

UPDATE ON NGĀ PAEREWA IMPLEMENTATION

From: Kirsten, Principal advisor HealthCert

We would like to give you a further update on the Ngā paerewa health and disability services standard going live on 28 February 2022. As per previous communications, the Ministry is taking a supportive approach to the sector's implementation of new and partially new criteria. A grace period of 12 months (28 February 2022 and 28 February 2023) will be applied to partially new criteria, which means providers will not receive findings of partially attained or unattained for these criteria.

It has been identified that there could be some clinical risk when using the grace period for partially mapped criteria in sub-section 3 (Medicine Management), 5 (Infection Prevention and Control) and 6 (Restraint).

Some of these partially mapped criteria have elements that were part of the old standards, and should reasonably be expected to be attained as part of the new Standard (Ngā paerewa).

By identifying these criteria as partially mapped, corrective actions would not be applied to findings during the grace period, therefore potentially introducing a clinical risk in sub-sections 3, 5 and 6.

HealthCERT has developed the following approach to minimise clinical risk for people receiving health and disability services, while maintaining a non-punitive approach:

- partially new criteria will still be considered non-punitive as part of any audit that takes place during the grace period
- within partially new criteria, any clinical concerns which are associated with an element that was part of the old standards, identified by the auditors will not result in a corrective action, but instead a recommendation will be given
- the recommendation(s) will be followed up by the provider's funder or HealthCERT and will be assessed at the next audit
- if the same shortfall is found at the next audit, it will result in a finding

Ngā mihi, Kirsten, Principal Advisor HealthCert

**Do what you
can with what
you have,
where you are.**
Theodore Roosevelt

EDUCATION FOR HEALTH PROFESSIONALS



Mobile Health has created a dedicated education website - My Health Hub - providing education for health professionals. The My Health Hub website provides health professionals with access to their fortnightly live webinar series on a wide variety of healthcare topics. These webinars are also recorded and uploaded to this website for later viewing – to claim your hours for viewing the recording of the webinar (and receive a certificate), answer the two questions at the end of the webinar, and your certificate will be generated.

Access to this website is free, with no login requirements: www.myhealthhub.co.nz
There are a good number of webinar recordings on the website which are very appropriate for the aged care sector, eg. critical thinking skills; pressure injuries; negative pressure wounds; severe and enduring eating disorders; skin infections; person-centred approach in dementia care; obstructive sleep apnoea; therapeutic recreation; managing urinary conditions; advance care planning; preventing falls in the elderly; caring for complex older people; depression in the elderly; and a wide range of topics and research on palliative care.

If you are interested in receiving emails flyers of the upcoming live webinars for My Health Hub, please email sandra@mobilehealth.co.nz and your contact details will be added to their mailing list

AGED CARE AND RETIREMENT VILLAGES LEGAL ISSUES



Aged Care and Retirement Villages: Legal Issues 8 March 2022

Join our experienced speaking panel and explore the issues that can and do arise in aged care facilities and retirement villages. Hear from the Office of the Health and Disability Commissioner, learn how to recognise elder fraud, understand how to manage admissions from legally incompetent residents, and examine the implications stemming from the End-of-Life Choices Act.

Register for the Live Online or On Demand Recording.

Jelica's Aged Care Advisory and Educational Services members receive a **special 30% off the standard price** of the programme - Enter **SPK30** at checkout in the 'Promotional Code' field. This special price is available until 8 March.

You are welcome to share this with your contacts, colleagues and networks.

For a full programme and information click on this link:

https://legalwiseseminars.com.au/nz/course-2/?eventtemplate=2092-aged-care-and-retirement-villages-legal-issues&event=8195&utm_source=Jelica%27s+Aged+Care+Advisory+and+Educational+Services&utm_medium=N%2FA&utm_campaign=Associations&utm_id=N%2FA&utm_content=223NZA18%2C+Aged+Care+and+Retirement+Villages%3A+Legal+Issues

Not all storms
come to disrupt
your life, some
come to clear
your path
Thelife_mantra

<p>You can do anything but not everything</p>	<p>SUBSIDY FOR STAFF AWAITING COVID TEST RESULTS.</p>
	<p>COVID-19 Short-Term Absence Payment Help to pay wages and salary costs if your employee can't work while waiting for a COVID-19 test result. This helps your employee stay at home if they or anyone in their household is waiting for a test result. Self-employed people can apply for the Short-Term Absence Payment too. https://www.workandincome.govt.nz/online-services/covid-19/apply-checklist-short-term-absence-payment-employers.html</p>
	<p>STAFFING CRISIS</p>
	<p>Many in the health sector experience the shortage of staff. With the fast-spreading Omicron managers are trying hard to maintain full rosters without putting too much extra pressure on existing staff. Most of the staff are working extra shifts already and this in the long run will cause problems. There are a couple of initiatives as per below correspondence. In my opinion that is not solving the problem in the short term. The process for overseas qualified nurses to come to NZ is made too difficult and we lose these nurses to other countries.</p> <p><i>As per correspondence from Clare Perry Deputy Director-General Health System Improvement and Innovation</i></p> <p>The ARC sector is included in the Voluntary Bonding Scheme, an initiative run by the Ministry to incentivise newly qualified health professionals to work in eligible hard-to-staff communities or specialities. After three years of service, eligible registered and enrolled nurses working in ARC facilities can apply for after-tax payments. In 2021, 444 health care professionals took part in this scheme, including 340 registered or enrolled nurses. Page 2 of 3 For further information about the Scheme, including payment amounts, follow this link here: www.health.govt.nz/our-work/health-workforce/voluntary-bonding-scheme.</p> <p>In addition, the Return to Nursing initiative has recently been launched. This initiative aims to help nurses who are not currently practicing to return to a nursing role and help address some of New Zealand's health and disability workforce shortages. We anticipate this initiative will increase the number of registered nurses and enrolled nurses working in ARC facilities. Applications open on 14 February 2022. You can find more information about this initiative here: www.health.govt.nz/our-work/nursing/developments-nursing/return-nursing-workforcesupport-fund.</p>
	<p>SILVER RAINBOW</p>
<p style="text-align: center;">Lesbian, Gay, Bisexual , Trans and Intersex (LGBTI) Education for Caregivers</p> <p style="text-align: center;">If you are interested, please contact Julie</p> <p style="text-align: center;">Julie.Watson@kahuitukaha.co.nz to find out how you can book Silver Rainbow education for your organisation.</p>	



<p style="color: #4f81bd; font-style: italic;">“Goodbyes are not forever, Goodbyes are not the end. They simply mean I’ll miss you, until we meet again.”</p> <p style="font-size: small; color: #4f81bd;">Author Unknown</p>	NEWSLETTERS BACK ISSUES
	<p>All newsletters are on my website including an alphabetical list of topics. 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>
	HELP ME KEEPING THE DATABASE UP TO DATE!
	<p>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.</p> <p style="text-align: right; font-style: italic;">Jessica</p>

Some interesting websites:

www.careassociation.co.nz; www.eldernet.co.nz, www.moh.govt.nz; www.careerforce.org.nz, 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; <https://www.health.govt.nz/our-work/disability-services/disability-publications/disability-support-services-newsletter>; <https://worksafe.govt.nz/>; <https://covid19.govt.nz/>; <https://www.health.govt.nz/>; Julie.Watson@kahuitukaha.co.nz to find out how you can book Silver Rainbow education for your organisation.

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.

Text in Italics are the comment of the writer of this newsletter

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

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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.