

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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As there have been no audits there are no facilities to congratulate this month.

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

SPECIAL DAYS THIS MONTH

Tuesday 1 February	Chinese New Year (year of the tiger)
Sunday 6 February	Waitangi Day
Monday 7 February	Day off for Waitangi day
Monday 14 February	Valentine's Day
Thursday 17 February	Random Acts of Kindness Day
Sunday 20 February	World day of social justice. promote gender equality, or the rights of indigenous peoples and migrants. We advance social justice when we remove barriers that people face because of gender, age, race, ethnicity, religion, culture or disability.
Tuesday 22 February	World thinking day. A day of international friendship and empowerment.

THREE PHASE PLAN

Source: <https://covid19.govt.nz/>

The Government has announced a three phase Omicron plan that aims to slow down and limit the spread of an outbreak.

Phase One

Phase One is where we are now, and we are doing what we have successfully done with Delta — taking a 'stamp it out' approach.

Broadly speaking, that includes the same contact tracing, isolation, and request that everyone who is symptomatic be tested at a community testing station or at a primary health provider.

If you are required to isolate, you will receive advice and — if needed — support to do so. At this phase you will need to isolate for 14 days if you are a case, and 10 days if you are contact.

Our objective is to keep cases as low as possible for as long as possible to allow people to be boosted and children to be vaccinated without Omicron being widespread.

Phase Two

In Phase Two, our objective is to slow the spread and protect our vulnerable communities. The system will be adjusted to focus much more on identifying those who are at greater risk of severe illness from Omicron — which will be a smaller percentage of cases.

In Phase Two, we will reduce the isolation period for cases to 10 days and contacts to 7 days in line with best practice overseas.

Household contacts will actively be managed by contact tracing services, with close contacts requiring a PCR test on day 5.

THREE PHASE PLAN Cont'd

A rapid escalation in case numbers and the resulting pressure on our resources will also require us to shift from identifying all infected individuals to being more targeted to those most at risk and those needed to keep the country going.

Digital technology is used more in this phase. Cases will be notified via text message and be directed to an online self-investigation tool which will focus on high-risk exposures.

Information will be provided via email and phone-based interviews will still take place where it's required. Other forms of support will be available to those who need it.

We will also change our current testing requirements for critical workers who are close contacts of cases. The prime focus of testing and tracing will be protecting this workforce and those most vulnerable to becoming severely unwell.

Phase Two is where we will see more widespread use of the test to return-to-work policy where asymptomatic contacts in critical workforces can return a negative rapid antigen test in order to go to work.

We will continue to manage testing of symptomatic people and Close Contacts with PCR testing but we will be enabling 'test to return' for asymptomatic critical workers who are close contacts of cases using rapid antigen tests (RATs). These are people like our healthcare workers and those working in food supply and infrastructure who are key to our response to COVID-19 and also in ensuring New Zealanders can continue to access the services they need.

RATs will be integrated into our testing system at this phase and will work alongside PCR tests.

They will be useful when the laboratories cannot provide PCR results within a useful time frame because of large volumes or because of transport delays.

Phase Three

At Phase Three, when cases are in the thousands, we will make further changes to contact tracing. The definition of contacts will change to household and household like contacts only. This will mean the highest risk contacts will need to isolate.

Supported self-service, rapid antigen testing for diagnosing COVID-19 and a self-service tool to enable identification of high-risk contacts will be significant to respond to the high volumes of Omicron cases.

Digital technologies will continue to be utilised at this phase, and people will be supported to self-notify Close Contacts. There will be continued support for those members of our community who are not digitally enabled.

The majority of people will be supported and be able to self-manage and isolate at home; and clinical care will focus on anyone with high needs.

Clinical care and welfare support will be targeted based on need.

Through the course of Phase Two and Three, we have a test to return regime that will apply to our critical workforces, to keep them going through the outbreak.

Our plan is simple — get boosted, wear a mask, follow basic hygiene rules we've become so familiar with and reduce contact as much as is practical.

We have slowed the virus from entering the community and given households and businesses time to prepare. As always, it's what each and everyone one of us can do as individuals that will make a difference.

Omicron is now in more than 80 countries around the world. By delaying its arrival here we've had the time to kick off boosters, vaccinations for children, and prepare. I encourage everyone to use the coming days to take steps at home and with your family, neighbours and community to make a plan. Resources to help you do this are on the Unite Against Covid-19 website. <https://covid19.govt.nz/>

Do something today that your future self will thank you for.

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.

HASANZ CONFERENCE SHARING KNOW HOW

The Health and Safety Association of New Zealand (HASANZ) Conference is going ahead in 2022. The new dates are Thursday 10 and Friday 11 March. The conference is being held at the National Museum Building in Buckle St, Wellington. The theme is “Sharing know how, growing how to”. You can find more information about HASANZ on <https://www.hasanz.org.nz/page-conference/>

FATIGUE

Source: Worksafe

Fatigue is a state of physical and/or mental exhaustion. It can reduce a person’s ability to perform work safely and effectively. Fatigue reduces alertness. This may lead to errors, and an increase in workplace incidents and injuries.

There are various causes of fatigue such as:

- **Work schedules – hours of work, night work and shift work (including breaks between shifts):** Long work hours, irregular work hours, and schedules that require night work can cause fatigue. These schedules limit the time for a person to physically and mentally recover from work. Working at night interrupts the natural sleeping rhythm, which can cause fatigue.
- **Sleep disruption:** Everyone needs a particular amount of sleep to stay alert and perform well. People generally need between 7.5 and 9 hours of sleep a night. The most beneficial sleep is deep, undisturbed and taken in a single continuous period. When the length and quality of sleep each day is disrupted, fatigue may result.
- **Environmental conditions:** Climate extremes (such as extreme heat or cold), demanding residents, and staff shortage, place demands on workers and increase fatigue.

Be the reason
someone
smiles today

FATIGUE cont'd

- **Physical and mental work demands:** Physically demanding work can increase fatigue. Mental demands can also increase fatigue.
- **Emotional well-being:** Work events can be emotionally tiring and increase fatigue, such as client behaviour towards workers, pressure to complete tasks.

PCBUs – responsibilities in managing fatigue (so far as is reasonably practicable)

PCBUs must ensure, the health and safety of workers, and that others are not put at risk from their work, eliminate or minimise risks that arise from their work, and manage the risks that arise from fatigue.

Work schedules

- Make sure your workers take regular, quality, rest breaks in their working day. The breaks must be appropriate for the length of their working day.
- Make sure working hours are not too long. If longer working days are required, consider staggered start and finish times, and/or longer rest breaks and periods off work (and carefully monitor a worker's ability to cope).
- Negotiate if overtime is required and place limits around overtime.

Sleep

- Design rosters well to allow for good sleep opportunity and recovery time
- Design rosters that minimise disruptions to natural sleeping rhythms. Limit the number of night shifts in a row that your workers can work.

Workplace or environmental conditions

- Avoid working during periods of extreme temperature, or minimise exposure through job rotation.
- Provide adequate facilities for rest breaks.
- Provide drinking water.

Physical and mental work demands

- Limit periods of excessive mental or physical demands (ie through job rotation).
- Ensure fit for purpose equipment is used at the workplace.
- Make sure workloads are manageable. Take into account work flow changes due to factors such as equipment breakdowns, unplanned absences or resignations.

Emotional well-being

- Where possible, be aware of personal circumstances that affect your workers and provide support. Allow time off where circumstances require. As appropriate, ensure co-workers are aware of any important issues affecting their colleagues.
- Create a positive work environment where good relationships exist and workers are encouraged and supported. Provide good supervision.

Workplace fatigue policy

- Develop a fatigue policy which include information about: shift length and average weekly hours; work-related travel; procedures for reporting fatigue risks; procedures for managing fatigued workers.
- Make sure anyone can report fatigue-related issues to both supervisors and management.
- Investigate incidents where fatigue may be involved.
- Train your new workers on fatigue management.

Once these strategies are implemented, you should monitor and review them to ensure fatigue is managed effectively.

Workers – responsibilities in managing fatigue

PCBUs don't have the sole responsibility to manage fatigue at work. Workers must take reasonable care of their own health and safety. They must take reasonable care that what they do, or don't do, doesn't adversely affect the health and safety of others.

For more info and guidance visit: <https://www.worksafe.govt.nz/>

The future
belongs to
those who
believe in the
beauty of their
dreams

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=23NZA18%2C+Aged+Care+and+Retirement+Villages%3A+Legal+Issues

MIQ FOR CRITICAL HEALTHCARE WORKERS

The next application deadline for MIQ space for critical health workers closes on Wednesday, 9 February for arrival dates between 1-14 March.

Deadline for applications

Arrival dates:	Application deadline	
1 to 14 March 2022	at 23.59 on 9 February 2022	150 places
15 to 31 March 2022	at 23.59 on 23 February 2022	150 places

For more information and to download the application form:

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-health-professionals/dedicated-miq-places-critical-health-and-disability-workers>

For the guide refer to:

https://www.health.govt.nz/system/files/documents/pages/critical_health_and_disability_worker_miq_application_guide_v2.pdf

You can do
anything but
not everything

<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.