

An independent newsletter for people interested in Aged Care

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**Emailed to:  
1997 readers  
and counting**

**Welcome to my  
overseas readers**

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***Wishing you all the very best for a wonderful, happy, and healthy  
2022***

#### **CONGRATULATIONS FOR ACHIEVING 4 YEARS TO:**

#### **Ranfurly Residential Care Centre (Feilding)**

***Well done for achieving such a good outcome.***

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

#### **SPECIAL DAYS THIS MONTH**

Monday 3 January	Day off for New Year's Day
Tuesday 4 January	Day off for Day after New Year's Day
Monday 24 January	Wellington Anniversary Day
Monday 31 January	Northland Anniversary Day
Monday 31 January	Auckland Anniversary Day
Monday 31 January	Nelson Anniversary Day
Sunday 6 February	Waitangi Day
Monday 7 February	Day off for Waitangi day
Monday 14 February	Valentine Day

#### **NEW YEAR HONOURS 2022**

*I am very pleased and honoured to receive this recognition for my 36 years in the Aged Care Sector. And what a ride it has been (and still is)!!  
Thank you all. This also a positive recognition of the whole sector.*

#### **The Honorary Queen's Service Medal QSM**

#### **Ms Jessica Buddendijk - For services to the aged care sector**

Jessica has provided support and advice to aged care facilities since 1984 and founded Jelica Limited in 1997, an aged care advisory service and education organisation. Her newsletter is read by many people in the health sector and her Quality Assurance Programme has assisted many aged care facilities with their policies and procedures.

Jessica has also been awarded Life Membership with Cancer Society Auckland and volunteers with the Breast Cancer Association.

We are all busy but we should never be too busy to be kind, caring and patient.

**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](http://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](mailto:sandra@mobilehealth.co.nz) and your contact details will be added to their mailing list.

**PUBLIC HOLIDAYS FALLING ON A WEEKEND**

<https://www.employment.govt.nz/leave-and-holidays/public-holidays/public-holidays-falling-on-a-weekend/>

When a public holiday falls on a Saturday or Sunday, an employee’s public holiday might be moved to the following Monday (or in some cases Tuesday)

**For specific dates in 2022 see:** <https://www.employment.govt.nz/leave-and-holidays/public-holidays/public-holidays-and-anniversary-dates/>

**IMPORTANCE OF HYDRATION**

Dehydration is a real problem and causes all sorts of problems which can often be prevented by instigating extra fluid rounds especially in summer.

Taking in enough fluids each day is crucial for many reasons such as to regulate body temperature, prevent infections, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.

The recommended daily intake is roughly 1.5 to 2 litres a day.  
Some fluid can be water flavoured with fruit or vegetables (lemons, berries, or orange or cucumber slices), ice blocks, jelly or from coffee or tea (preferably with milk).

We all know that older people find it difficult to take in that amount of fluids so be creative and find different ways for them to get their daily dose.  
I always found jelly and ice blocks an easy way to increase fluid intake. You can make these sugar free if required. It could even be a fun exercise for your residents to make their own ice blocks choosing their own flavours!

## UPDATE ON RAPID ANTIGEN TESTING (RAT)

Source: ministry of Health December 2021

1. Rapid Antigen Tests (RATs) are a key component of the current Testing Strategy and can greatly increase the capacity of the number of tests that can be performed. Rapid Antigen Testing is not a replacement for PCR symptomatic testing but has utility for regular surveillance testing.
2. The Ministry has secured RATs for the public health response and is actively communicating with suppliers to ensure there is enough in country volumes to support your needs to undertake surveillance of your ARC staff, residents and visitors in higher risk situations.
3. The Ministry has adopted the same/similar principles of supply for as those used for the supply of Personal Protective Equipment (PPE). Publicly funded ARC will be able to access RATs from the HCL Portal and further information will be provided. ARC accessing RATs supply has been available from 01 December 2021.
4. We know and understand that our elderly and those in aged care are vulnerable to COVID-19. We have seen this overseas and we want to ensure that those in publicly funded ARC facilities have access to the publicly funded RATs.
5. Antigen testing is more accurate if done in a series of tests on different days preferable 2-3 times per week. To do the antigen test a swab is used to take a sample from the nose.
6. The test will show the result in 15 minutes. The results are quicker than a PCR test because the sample does not need to go to a lab. But the antigen test is less accurate than the PCR test.
7. Providers will be responsible for providing the infrastructure and resources needed to support the surveillance process. This includes but is not limited to:
  - the cost of having health practitioners (such as Registered Nurses) oversee the testing, as per approved testing protocols
  - making available the personal protective equipment (PPE) to support testing
  - ensuring any staff members who test positive to a RAT comply with MoH guidelines and proceed to get PCR tested
  - cleaning of the testing area, as appropriate
  - Recording tests results on staff, residents and visitors.

### WHO ARE RATS USED FOR IN ARC

RAT can be used for staff, residents and visitors who require a *screening* test. This may be because your region has a high rate of unvaccinated people, multiple COVID-19 positive patients, community transmission is increasing or uncontrolled, hospital and ICU is near or at capacity, staff is absent or redeployed to critical care. Under the COVID-19 Protection Framework at Orange and Red, unvaccinated visitors will require a negative COVID-19 test 48-72 hours before their visit.

**Note**, a RAT is useful as a screening test if required, even for vaccinated people.

### REFER PEOPLE TO A CTC/GP FOR A PCR TEST IN THE FOLLOWING CIRCUMSTANCES

People with symptoms consistent with COVID-19, such as cold or flu symptoms, should contact Healthline (0800 358 5453) or their doctor to find out if they need a test. Testing is free for this purpose and available from community testing centres, GPs and most urgent care clinics. For a full list of testing locations go to [Healthpoint](#).

### WHAT HAPPENS IF THE RAT IS POSITIVE?

A positive result in any RAT requires a confirmatory test by RT-PCR swab undertaken by a healthcare professional. Testing is free for this purpose and available from community testing centres, GPs and most urgent care clinics. For a full list of testing locations go to [Healthpoint](#).

For more information on how to register and order RATs from the Ministry's central supply please contact the COVID Health Supply team via [Covid.healthsupplychain@health.govt.nz](mailto:Covid.healthsupplychain@health.govt.nz)

The irony for mankind is that a computer programme asks a human to prove that they are not a robot.

## 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](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)

### A FUN CHALLENGE

Can you meet this challenge? We have seen this with the letters out of order, but this is the first time we've seen it with numbers. Good example of a Brain Study:

If you can read this OUT LOUD you have a strong mind. And better than that: Alzheimer's is a long long, way down the road before it ever gets anywhere near you!

7H15 M3554G3 53RV35

7O PROV3 H0W OUR M1ND5 C4N D0 4M4Z1NG 7H1NG5!

1MPR3551V3 7H1NG5!

1N 7H3 B3G1NN1NG 17 WA5 H4RD BU7 NOW, ON 7H15 LIN3 YOUR M1ND 1S R34D1NG 17

4U70M471C4LLY W17H0U7 3V3N 7H1NK1NG 4B0U7 17, B3 PROUD!

ONLY C3R741N P30PL3 C4N R3AD 7H15!

PL3453 FORW4RD 1F U C4N R34D 7H15.

**“Aspire to  
inspire before  
we expire.”**  
Eugene Bell Jr

<p><i>“Goodbyes are not forever, Goodbyes are not the end. They simply mean I’ll miss you, until we meet again.”</i> <i>Author Unknown</i></p>	<p><b>NEWSLETTERS BACK ISSUES</b></p>
	<p>All newsletters are on my website including an alphabetical list of topics. This website is available to everybody: <a href="http://www.jelicatips.com">www.jelicatips.com</a> 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><b>HELP ME KEEPING THE DATABASE UP TO DATE!</b></p>
	<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;"><i>Jessica</i></p>

**Some interesting websites:**

[www.careassociation.co.nz](http://www.careassociation.co.nz); [www.eldernet.co.nz](http://www.eldernet.co.nz), [www.moh.govt.nz](http://www.moh.govt.nz); [www.careerforce.org.nz](http://www.careerforce.org.nz),  
[www.advancecareplanning.org.nz](http://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](http://www.safefoodhandler.com); [www.learnonline.health.nz](http://www.learnonline.health.nz);  
[www.nutritionfoundation.org.nz/about-nznf/Healthy-Ageing](http://www.nutritionfoundation.org.nz/about-nznf/Healthy-Ageing); [www.glasgowcomascale.org](http://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/>

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*

**SUBSCRIBE OR UNSUBSCRIBE**

- If you do not wish to continue to receive emails from me, all you need to do is e-mail me and write “Unsubscribe”. I will then remove you from my contact list (though I will be sorry to lose you from my list).
- 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.