

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

Friday 1 April	April's Fools Day	
Friday 1 April and ends in the evening of Saturday 30 April		Ramadan
Saturday 2 April	World autism awareness day	
Sunday 3 April	Daylight saving ends. (Clock one hour back)	
Thursday 7 April	World Health Day	
Friday 15 April	Good Friday	
Sunday 17 April	Easter Sunday	
Sunday 17 April	World Bleeding Disorders Awareness Day	
Sunday 17 April	World Haemophilia Day	
Monday 18 April	Easter Monday	
Monday 18 April	World Heritage Day	
Tuesday 19 April	Southland Anniversary Day	
Friday 22 April	World Earth Day	
Saturday 23 April	World book day	
Monday 25 April	ANZAC Day	
Thursday 28 April	World Day of Safety and Health	
Friday 29 April	International Dance Day	



ISOLATION PERIOD REDUCED TO 7 DAYS

Covid information was correct at the time of publication. As this changes regularly please keep an eye on the relevant websites. (page 6)

The isolation period for COVID-19 cases and their household contacts have been reduced from 10 to seven days.

The most up-to-date public health advice is that in most cases of Omicron, transmission occurs within seven days.

Household contacts will need to have a rapid antigen test at day 3 and day 7 of their isolation period. If they become symptomatic, they should also get a test, and if the result is positive, they are required to isolate for seven days from that point.

If a person is isolating and still has symptoms after seven days, they are advised to stay home until 24 hours after symptoms resolve.

Source MOH

90-DAY NON-ISOLATION PERIOD FOR RECOVERED COVID-19 CASES

Recovered cases will no longer need to self-isolate if they become a household contact within 90 days after having the virus. This is an increase from the current 28 days.

The reduction in the isolation period to 7 days follows similar changes overseas. This evidence also shows that the risk of reinfection within the first three months after someone has Omicron is very low.

Source MOH

HEALTH AND DISABILITY SERVICES STANDARDS

When there is no restraint intervention in place, the following criteria of that section will be audited.

The following criteria will be audited when the provider does not use any restraint – 6.1.1 to 6.1.6. during Certification audits and 1.6.1 – 1.6.4 during Surveillance audits.

These criteria relate to minimisation of restraint –

6.1.1 Governing bodies shall demonstrate commitment toward eliminating restraint (evidence of how they achieve this)

6.1.2 Service providers shall demonstrate a commitment to ensuring the voice of people with lived experience, Māori and whānau, is evident on the restraint oversight groups (this does not apply to aged care but to mental health services)

6.1.3 There shall be an executive leader who is responsible for ensuring the commitment to restraint minimisation and elimination is implemented and maintained (evidence of this occurring)

6.1.4 Executive leaders shall report restraint used at defined intervals and aggregated restraint data, including the type and frequency of restraint, to governance bodies. Data analysis shall support the implementation of an agreed strategy to ensure the health and safety of people and health care and support workers. (evidence of reporting systems/processes including restraint minimisation information to governance)

6.1.5 Service providers shall implement policies and procedures underpinned by best practice that shall include: (the provider should have a restraint policy which includes all the requirements of the new standard.)

(a) The process of holistic assessment of the person's care or support plan. The policy or procedure shall inform the delivery of services to avoid the use of restraint;

(b) The process of approval and review of de-escalation methods, the types of restraint used, and the duration of restraint used by the service provider;

(c) Restraint elimination and use of alternative interventions shall be incorporated into relevant policies, including those on procurement processes, clinical trials, and use of equipment.

6.1.6 Health care and support workers shall be trained in least restrictive practice, safe practice, the use of restraint, alternative cultural-specific interventions, and de-escalation techniques within a culture of continuous learning. (there should be evidence of staff receiving restraint minimisation training including the requirements as per the new standard.)

TRANSITION SURVEILLANCE AUDIT

A transition model for Ngā paerewa surveillance audits has been developed with inclusion of all new Te Tiriti criteria to support providers implementation of cultural safety services, particularly for Māori.

The surveillance audit criteria is to be used for a transition period of 18 months to 2 years from 28 February 2022.

The transition period ensures all providers have early support in their implementation of the new Te Tiriti criteria, irrespective of whether they are due for a certification or surveillance audit. The transition surveillance criteria will be reviewed in August 2023, and business as usual surveillance audit criteria will be selected and implemented for future audits.

The transition surveillance audit criteria are outlined in the table following this link:

https://www.health.govt.nz/system/files/documents/pages/transition_surveillance_audit_for_nga_paerewa_health_and_disability_services_standard_-_24_nov.pdf

**Life is short.
Spend it with
people who
make you
laugh and feel
loved.**

Women working

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Women working

MATARIKI PUBLIC HOLIDAY	
<p>Source: https://www.mbie.govt.nz/business-and-employment/employment-and-skills/employment-legislation-reviews/matariki/matariki-public-holiday/#:~:text=The%20first%20public%20holiday%20to,the%20last%20rising%20of%20Matariki</p> <p>The Government has introduced the Matariki Public Holiday Bill to Parliament, the next step in the legislative process to create a new public holiday in Aotearoa. The Bill, Te Pire mō te Hararei Tūmatanui o Te Kāhui o Matariki / Te Kāhui o Matariki Public Holiday Bill, is only the fifth dual language Bill to be introduced to our Parliament.</p> <p>The dates for the new Matariki public holiday were announced earlier this year by the Government in partnership with the Matariki Advisory Group. These dates are when the official public holiday for Matariki will be observed from 2022-2052.</p> <p>The first public holiday to celebrate Matariki will be on Friday 24 June 2022.</p> <p>The Government has committed to ensuring mātauranga Maori is at the heart of celebrations of the Matariki public holiday, and it will be a time for:</p> <ul style="list-style-type: none"> • Remembrance – Honouring those we have lost since the last rising of Matariki • Celebrating the present – Gathering together to give thanks for what we have • Looking to the future – Looking forward to the promise of a new year 	
REPORTING YOUR RAT RESULT	
<p>Source MOH</p> <p>Report your RAT results even if they are negative. This helps us understand transmission within households and how the outbreak is spreading through communities.</p> <p>The fastest way to report your result is via My Covid Record. If you cannot do this, call 0800 222478 for assistance. Once you have done this, you will receive a text message from the official 2328 number.</p> <p>You can now report a RAT result for your child or someone else through your own My Covid Record account. All you need is their NHI number, full name and date of birth. The child you're reporting for must be aged five and over and either:</p> <ul style="list-style-type: none"> • has been vaccinated in New Zealand • has their overseas vaccines added against their official New Zealand health record. <p>Log in to "My Covid Record", select 'Report a test result' a follow the steps.</p>	
UPDATE TO COVID-19 OUTBREAK TOOLKIT FOR AGED RESIDENTIAL CARE	
<p>The COVID-19 Outbreak Response Toolkit for Aged Residential Care has been updated to cover the increased use of rapid antigen testing for residents, visitors, and health care and support workers. The updated toolkit also incorporates guidance around the Close Contact Exemption Scheme which allows critical healthcare staff to return to work if asymptomatic or mildly symptomatic.</p> <p>The toolkit is primarily for ARC providers to support local procedures and protocols in relation to preparing, preventing, and responding to an outbreak of COVID-19 within their ARC facility, in a nationally consistent way.</p> <p>COVID-19 Outbreak Response Toolkit for Aged Residential Care</p>	<p>Source MOH</p>

WORLD BOOK DAY – Seven Sisters

Like many others around the world, I was also intrigued by the Seven Sisters book series by Lucinda Riley, and have so far manage to read two of the series.

Lucinda’s introduction to the series;

When I first had the idea of writing a series of books based on The Seven Sisters of the Pleiades, I had no idea where it would lead me. I was very attracted to the fact that each one of the mythological sisters was, according to their legends, a unique and strong female. Some say they were the Seven Mothers who seeded our earth – there is no doubt that, in their stories, they were all highly fertile! – and had many children with the various Gods who were fascinated by their strength, beauty and ethereal air of mysticism.

And I wanted to celebrate the achievements of women, especially in the past, where so often, their contribution to making our world the place it is today has been overshadowed by the more frequently documented achievements of men.

However, the definition of ‘feminism’ is equality, not domination, and the women I write about, both in the past and present, accept that they want and need love in their lives, not necessarily in the traditional form of marriage and children. The Seven Sisters series unashamedly celebrates the endless search for love, and explores the devastating consequences when it is lost to us.

As I travel round the world, following in the footsteps of my factual and fictional female characters to research their stories, I am constantly humbled and awed by the tenacity and courage of the generations of women who came before me. Whether fighting the sexual and racial prejudices of times gone by, losing their loved ones to the devastation of war or disease, or making a new life on the other side of the world, these women paved the way for us to have the freedom of thought and deed that we enjoy today. And so often take for granted.

The world is sadly still not a perfect place, and I doubt it ever will be, because there will always be a new challenge ahead. Yet I truly believe that humans – especially women – thrive on this. We are, after all, the goddesses of multi-tasking! And every day – with one hand guiding my children, and the other a manuscript – I celebrate the fact that my ‘freedom’ to be who I am was won by thousands of generations of remarkable women, perhaps leading right back to The Seven Sisters themselves.

I’m sure that like me, there will be one sister in particular you will most identify with, and a sister you like the least. However, the beauty of writing about the girls is that each of them have their own unique strengths and weaknesses. Just as we all do.

And then there is Pa Salt, the sisters’ enigmatic father, his character only seen through the eyes of his grieving daughters after he dies. Who was he? And why did he adopt his girls from all four corners of the earth?

The Seven Sisters is a story about humanity: love, family, joy, loss, fear and pain. And above all, the one gift that is more important than any other, and has kept us humans alive throughout unbearable suffering: HOPE.

I hope you enjoy browsing through the extensive research I did to make the places and the characters come alive in the stories.

Lucinda

Lucinda was diagnosed with cancer in 2017 and died on June 11th 2021, surrounded by her family. Her proudest moment was, after 30 years writing, ‘The Missing Sister’, published only three weeks before she died, becoming her first hardback No 1 in both the UK’s Sunday Times and in Ireland.

The world’s oldest story? Astronomers say global myths about ‘seven sisters’ stars may reach back 100,000 years

In the northern sky in December is a beautiful cluster of stars known as the Pleiades, or the “seven sisters”. Look carefully and you will probably count six stars.

If you have to choose between being kind and being right, choose being kind and you will always be right.

EARLY RESOLUTION

Source: New Zealand Employment

Early Resolution is a free phone-based service that helps resolve a workplace issue early, quickly and informally.

The Early Resolution Service within the Ministry of Business, Innovation and Employment (MBIE) is a free phone-based service for employees and employers providing assistance to resolve a workplace issue early, quickly, and informally, before it becomes too serious or needs a more formal process.

Early Resolution assistance might involve:

- speaking with you and the other party to understand what has happened and what is important for each of you
- making sure everyone is fully informed with relevant information
- arranging a discussion to see if a resolution could be reached
- helping to negotiate an agreed outcome
- referring you to a more appropriate agency if that would help.

What is suitable for Early Resolution

- Your working arrangements, hours, pay or leave have changed without you being consulted.
- You have health and safety concerns.
- Your employment has ended or may be ending through restructuring, redundancy or dismissal.
- You feel you have been treated unfairly or are being bullied.
- You have concerns about your employee's performance.
- You feel an issue could be resolved promptly by you and your employee or employer with a little help from an independent resolution facilitator.

Not suitable for Early Resolution

- The same issue has already been dealt with or is currently being dealt with by a mediator or labour inspector.
- You are reporting migrant exploitation – use the [migrant exploitation reporting form](#).
- You have made a personal grievance or gone through mediation.
- Your case has been through the Employment Relations Authority or Employment Court.
- You are reporting a wage subsidy issue.

Use the form:

<https://www.employment.govt.nz/resolving-problems/steps-to-resolve/early-resolution/>

SUBSIDY FOR STAFF AWAITING COVID TEST RESULTS.

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>

**Being positive
is a sign of
intelligence.**

[Maxime Lagacé](#)

EDUCATION FOR HEALTH PROFESSIONALS

During these uncertain times with still some restrictions in place training on line has become very popular. There are a couple of organisations I am personally very impressed with.

One being “**My HealthHub**” see below and another one I recently came across is the “**Goodfellow Unit**”. Have a look for yourself on their website and try out some of the recorded webinars and sign up for the live ones. <https://www.goodfellowunit.org/>

MORE EDUCATION LINKS



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 chris@mobilehealth.co.nz and your contact details will be added to their mailing list

SOME COVID RELATED WEBSITES TO STAY INFORMED

<https://workandincome.govt.nz/covid-19/employee-rights-during-covid-19.html>

<https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-information-health-professionals/covid-19-aged-care-disability-and-hospice-care-providers#omicron>

<https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-information-health-professionals/covid-19-aged-care-disability-and-hospice-care-providers#omicron>

https://www.health.govt.nz/system/files/documents/pages/step-by-step_guide_for_managing_covid-19_in_your_business_or_workplace_11_mar_2022.docx

SILVER RAINBOW

**Lesbian, Gay, Bisexual , Trans and Intersex (LGBTI)
Education for Caregivers**

If you are interested, please contact Julie



Julie.Watson@kahuitukaha.co.nz to find out how you can book Silver Rainbow education for your organisation.

**You can, you
should, and if
you're brave
enough to start,
you will.**

Stephen King

<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.