

*An independent newsletter for people interested in Aged Care*

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**Emailed to:  
2049 readers  
and counting**

**Welcome to my  
overseas readers**

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#### CONGRATULATIONS – WELL DONE

*Another facility achieved 4 years certification against Ngā paerewa Health and Disability Service Standard.*

#### **Kohatu Rest Home- Waitara**

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

#### SPECIAL DAYS DURING NEXT MONTHS

#### **December 2023**

**1 December: World Aids Day “Red Ribbon Day”**. an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease.

**3 December: International Day of Disabled Persons.** On this day, World Health Organization (WHO) joined its partners to celebrate under the theme (A Day for All), which reflects a growing understanding that disability is part of the human condition. Despite this, few countries have adequate mechanisms in place to fully respond to needs of people with disabilities. It is essential that disability inclusion be central to health system planning, development and decision-making. Strong and effective health systems support strong management of health emergencies.

#### **4 December: Westland Anniversary Day**

**5 December: World Volunteers Day** The purpose of this Day is to recognize and support the spirit of volunteerism to help create a better future. It champions the impact volunteers have in communities, nationally and globally.

**10 December: World Human Rights Day.** Human Rights Day 2023 marks the 75th anniversary of the adoption of the Universal Declaration of Human Rights

It inspires everyone to speak up and take action to end discrimination in all forms, whenever and wherever it happens. Human Rights Day 2023, and every other World Human Rights Day, is a day to celebrate the achievements of those who have fought for and protected human rights. It is also a day to reflect on the future and work out what needs to be done to make society fairer for everyone.

**Theme for 2023: Consolidating and Sustaining Human Rights Culture into the Future.**

#### **25 December: Christmas Day (Monday)**

**26 December: Boxing Day (Tuesday).** Boxing Day got its name when Queen Victoria was on the throne in the 1800s and has nothing to do with the sport of boxing.

The name comes from a time when the rich used to box up gifts to give to the poor. Boxing Day was traditionally a day off for servants - a day when they received a special Christmas box from their masters.

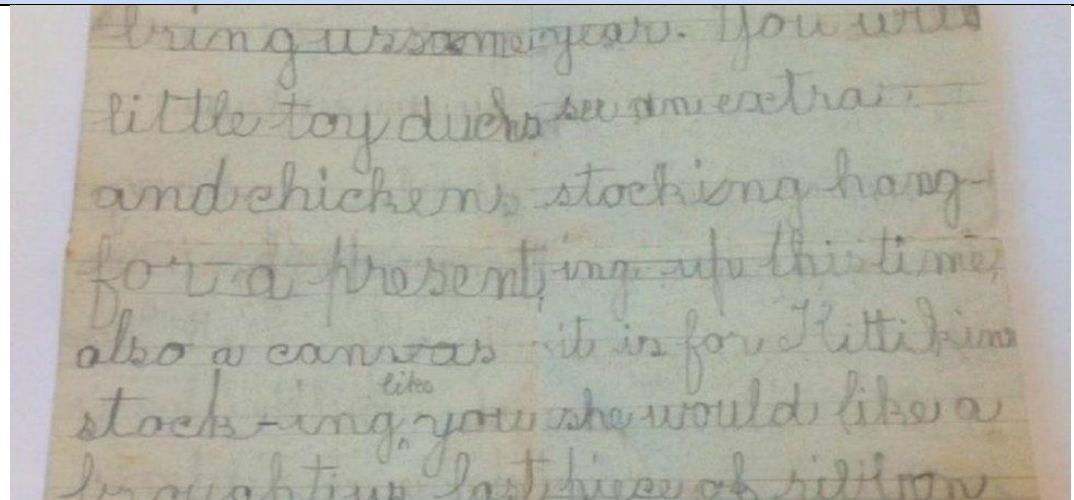
#### **January 2024**

1 January New Years Day (Monday)

2 January day after New Years Day (Tuesday)

## Ever wondered what kids wanted for Christmas over 100 years ago?

Source: <https://www.bbc.co.uk/newsround/46564262>



Majorie's letter to Santa from 1898

A letter - written a staggering 120 years ago - to Santa Claus has been discovered in England.

Five-year-old Marjorie from Eastbourne wrote it on 2 December 1898.

Her Christmas Wishlist included a piece of ribbon and a ball for her cat, Kittykins; toy ducks and chickens; and a canvas stocking.

The letter was found hidden inside a book donated to a charity shop.

It is now being displayed at a toy shop in Canterbury.

Shop assistant Lily Birchall, whose father discovered the letter, told the BBC she wanted to trace Marjorie's family members and return the letter to them.

She said: "It's so innocent and it's what Christmas really should be about, small gifts and the real sense of magic and believing."

## PROTECTION FOR MIGRANT WORKERS

The Worker Protection (Migrant and Other Employees) Bill is now law and will protect vulnerable workers in Aotearoa New Zealand.

The legislation will come into force from 6 January 2024, and will amend the Immigration Act 2009, the Employment Relations Act 2000 and the Companies Act 1993 by introducing a fit-for-purpose offence and penalty regime to deter employers of temporary migrant workers from non-compliance with their obligations.

**For more information:**

[New law to protect migrant workers » Employment New Zealand](#)

## GET READY FOR SUMMER

Get prepared and find information and advice to help you thrive:

- Holiday pay and public holidays
- Hiring and contracting staff
- Mental health and well-being e-learning series

[Get set for summer — business.govt.nz](#)

Here are some interesting facts about English language. No words in the English language rhyme with "month", "orange", "silver" or "purple."



## HUMAN RIGHTS DAY FACTS

As Human Rights Day gives us plenty of food for thought, curious minds may be eager to learn even more about it. Why not share the selection of facts down below?

1. Human Rights Day is celebrated annually on the 10th of December, the anniversary of the Declaration of Human Rights which was created in 1948.
2. Human Rights Day has a different date in South Africa as it marks the anniversary of a peaceful protest in Sharpeville that was interrupted by state violence. The date of this event is the 21st March.
3. In the Declaration of Human Rights, there are 30 different primary human rights.
4. The Declaration of Human Rights holds the Guinness World Record for being the most translated document in the world as it's been translated in over 500 languages!

Ref: <https://www.ohchr.org/en/human-rights/universal-declaration/universal-declaration-human-rights/about-universal-declaration-human-rights-translation-project>  
<https://www.twinkl.co.nz/event/human-rights-day-2023>

The word  
'Rhythm' is the  
longest word  
without a vowel

## BUILD DIGITAL SKILLS

From: Business.govt.nz

Want to encourage your employees to build their digital skills? They can sign up to Digital Passport and learn at their own pace, whenever they want.

From the basics like emails, to the latest AI tools, it's a great tool to grow their digital confidence.

Learn in 20 minutes a day. Earn completion badges. 100 % FREE

[Discover Digital Passport: MSDs Free Online Education Platform](#)

## SPARK OF LIFE GREAT NEW OPPORTUNITIS



For the latest news on some new interesting courses coming up please visit the website to register and get more information.

[Spark of Life One Day Seminars: A day on cultural enrichment](#)

[4 Day Spark of Life Rehabilitative Program](#)

[Spark of Life International Master Leadership Program](#)

visit: [www.dementiacareinternational.com](http://www.dementiacareinternational.com)

## From Employer.Govt.nz

### Paying your employees for leave

Working out what you need to pay employees when they're taking leave can be complicated — but with the right systems and processes in place, it doesn't have to be difficult.

#### NZBN data

Your New Zealand Business Number (NZBN) profile is another front door to your business. Out-of-date or incomplete information can really cause headaches for your customers and suppliers. The more information you share through the NZBN business register, the better your NZBN can work for you.

For more information check out: [Paying your employees for leave — business.govt.nz](#)



## NOTIFYING AN INCIDENT UNDER SECTION 31

Section 31(5) of the Health and Disability Services (Safety) Act 2001 requires certified providers to notify the Director-General of Health about any:

- **health and safety risk to residents** or a situation that puts (or could potentially put) the health and safety of people at risk
- **Police investigation** into any aspects of the service
- **death reported to the Coroner** of a person to whom you have provided services or that occurred in any premises in which services are provided.

Reporting of these incidents enables providers and the health system to review and learn from adverse events. This knowledge helps everyone to provide safe and quality services. If you are an aged residential care provider, hospice or provide maternity services, please use the [Notification of an incident under section 31 form \(Word, 87 KB\)](#) to advise HealthCERT of these incidents.

**The [Section 31 Reporting Guidelines \(Word, 68 KB\)](#) provide more information about what incidents should be reported and things to consider when reporting an incident.**

COVID-19 (novel coronavirus capable of causing severe respiratory illness) has been added to Section B of Part 1 of Schedule 1 of the Health Act 1956 and is now a notifiable disease. Cases or outbreaks of COVID-19 do not require notification to HealthCERT under Section 31. For information on COVID-19 reporting, please see [updated advice for health professionals](#) on the Ministry's COVID-19 website.

### **Registered nurse workforce availability in aged residential care**

HealthCERT created a specific RN shortage section 31 notification form for aged residential care providers. This form provides the information that HealthCERT needs to assess risk and mitigation of the RN shortage, as well as information HealthCERT aims to share with working groups who are focussing on the national RN shortage.

Aged residential care providers shall use the [Notification of Registered Nurse Shortage Form \(Word, 68 KB\)](#) to notify HealthCERT if they experience a shift where insufficient RNs meant there was a health and safety risk for residents, or when contractual requirement pertaining to RN oversight is not met. Please submit this form as a Word document (avoid converting to a pdf document, or handwritten forms).

### **Pressure injuries**

Currently HealthCERT requires aged residential care providers, hospices and maternity services to report all pressure injuries at stage 3 and above on a separate form. That is:

- all stage 3 and stage 4 pressure injuries
- unstageable pressure injuries
- suspected deep tissue injuries.

Mucosal pressure injuries occur within a body opening, such as a nostril or the mouth. They are usually associated with pressure from a device, for example, an endotracheal or nasogastric tube. Although mucosal pressure injuries fall outside the current cutaneous staging system, they are significant as can increase the risk of pain, infection and other problems in a vulnerable person.

For pressure injuries use [Notification of a pressure injury form \(Word, 94 KB\)](#). Reporting is required irrespective of where the pressure injury was acquired. From December 2020, the notification form has been updated to include mucosal pressure injuries.

### **Advising your Te Whatu Ora portfolio manager**

If you hold a contract with Te Whatu Ora, you should also send a copy of the completed notification form to your Te Whatu Ora Portfolio Manager.

**Source:** [Notifying an incident under section 31 | Ministry of Health NZ](#)

Scientists say the universe is made up of protons, neutrons and electrons. They forgot to mention morons.



## ONLINE EDUCATION for EMPLOYERS

Find out about your responsibilities as an employer in New Zealand  
Learn about essential employment information - free to access.

[Employment NZ \(elearning.ac.nz\)](http://elearning.ac.nz)

## EDUCATION FOR HEALTH PROFESSIONALS

On line training 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](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 email flyers of the upcoming live webinars from My Health Hub, please click [on this link](#) and add your contact details to their mailing list. If you have a cohort of staff that you would like to organise study sessions for, please email [chris@mobilehealth.co.nz](mailto:chris@mobilehealth.co.nz) and she'll be in touch.

## SILVER RAINBOW

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

**If you are interested, please contact Stefanie**



[Stefanie.OBrien@rainbowtick.co.nz](mailto:Stefanie.OBrien@rainbowtick.co.nz) to find out how you can book Silver Rainbow education for your organisation.

If you see me talking to myself, just move along. I'm self-employed; we're having a staff meeting.



<p style="color: #0070c0; 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="color: #0070c0; font-size: small; text-align: right;">Author Unknown</p>	<b>NEWSLETTERS BACK ISSUES</b>
	<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>
	<b>HELP ME KEEPING THE DATABASE UP TO DATE!</b>
	<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.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://www.health.govt.nz/>;  
[www.dementiacareinternational.com](http://www.dementiacareinternational.com)

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 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.