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**Emailed to:
2047 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.

I haven't received any notifications. If you did have an audit with a good outcome then Congratulations!

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

SPECIAL DAYS DURING NEXT MONTHS**JUNE****Monday 5th:****Kings birthday****Thursday 15th - Thursday 22nd****Elder Abuse Awareness Week** kicking off with World Elder Abuse Awareness Day on 15 June every year.

World Elder Abuse Awareness Day (WEAAD) takes place on 15 June every year and it's an important opportunity to acknowledge the role we can all play in putting an end to elder abuse, especially given the intersections of disability and age.

Sunday 18th - Saturday 24th - NZ Volunteering Week

Te Wiki Tūao ā-Motu National Volunteer Week celebrates the collective contribution of all volunteers who enrich Aotearoa New Zealand.

New Zealand is a nation of volunteers – more than a million of us volunteer, giving our time and energy to make a difference in our communities.

Volunteering, social action, Mahi aroha, doing work for love, is happening all year round, all over Aotearoa New Zealand.

The Minister for the Community and Voluntary Sector the Hon Priyanca Radhakrishnan launching The Big Shout-out – a new campaign for June 2023 to recognise volunteers.

They grow our people, open minds, open hearts and create joy.

JULY**Friday 14th:****Matariki**

Matariki in New Zealand celebrates the first rising of the Pleiades star cluster. The Matariki dates shift every year to align with the maramataka (Māori lunar calendar). In 2023, Matariki will begin on **11 July** and the public holiday will be on 14 July.

CQI toolkit

He Ako Hiringa has published a CQI toolkit. This is designed to align with the RNZCGP quality programme, practice teams working towards Foundation Standard or the Cornerstone CQI module can use this free toolkit to help meet requirements.

See: [CQI Toolkit – Antimicrobial stewardship | He Ako Hiringa](#)

The world's best antidepressant has 4 legs, a wagging tail and comes with unconditional love.

REPOSITIONING DEMENTIA “LET’S GET REAL”	
<p>Save the date for our September event!</p> <p>Following the success of our inaugural event in March, we’ll be back this September with a jam-packed line-up. Save the date for Repositioning Dementia: Let’s get real on Thursday 21 September in Christchurch and online. This event will further explore the Dementia Mate Wareware Action Plan, research and reports and the lived experience of dementia mate wareware.</p> <p>We’re inviting spokespeople from the major political parties to share their health and dementia mate wareware policies for Aotearoa New Zealand. We’ll also launch the World Alzheimer Report 2023 and announce our research Fellow – with more speakers to be shared soon!</p> <p>We’ll share more details – including the registration link – online soon.</p> <p>Alzheimers NZ Chief Executive Catherine Hall says there has already been progress made since the first event which highlights the need to bring the sector together more often.</p> <p>Save the date for Repositioning Dementia: Let’s get real - Alzheimers New Zealand</p>	
FOOD ACT INSPECTIONS	
<p>If you have any problems with these inspections/audits you can always lodge a question with MPI. If you feel that what the auditor ask for isn’t right double check!</p> <p>info@mpi.govt.nz</p> <p>This is a busy email so you might not receive an answer right away. If it is urgent, then call MPI on 0800 008333</p>	
NEW FACILITY IN AUCKLAND	
<p><i>From: Business North June 2023 (digitalpublications.online)</i></p> <p>Park Estate Home and Hospital, a brand new facility located on Great South Road, Rosehill, Papakura, Auckland, has opened its doors to elderly residents in the Manukau DHB catchment area and beyond.</p> <p>With a focus on creating a homely atmosphere and providing high-quality care, the facility aims to exceed the expectations of its residents and their families, say directors Srinivas and Manjula Reddy.</p> <p>The philosophy at Park Estate is centred on maintaining the independence of residents while encouraging their involvement in the planning and provision of care, says Srinivas. The facility’s quality policy reflects this mission, emphasising the importance of meeting residents’ needs in a safe, comfortable environment.</p> <p>The Reddys have taken great care of the design to deliver a warm, comfortable, quiet building.</p> <p>Both the Reddys take a hands-on approach to Park Estate. Manjula, who takes on the role of Facility Manager, leads the team. Her experience working in the aged care sector for seven years is of great value and shows the true passion she has for aged care. Srinivas is the Operations Manager and they are supported by an experienced Clinical Manager, a Health Care Team Leader and a committed team of healthcare assistants and ancillary staff who all recognise every residents’ unique needs and work hard to meet the social, spiritual, cultural, and recreational needs of each person. Family and friends are encouraged to visit at their convenience.</p> <p>In addition to long-term care, Park Estate also provides respite care and a range of services for its residents. These services in include nursing care, activity programs, support for relatives and friends, access to religious personnel, and more.</p> <p style="text-align: right;"><i>All the best Manjula and Srinivas</i></p>	

SPARK OF LIFE

For the latest news on:



[Spark of Life One Day Seminars](#)
[4 Day Spark of Life Rehabilitative Program](#)
[Spark of Life International Master Leadership Program](#)
visit: [Home - Dementia Care International](#)

WHAT ARE MUSCULOSKELETAL DISORDERS?

WorkSafe uses the term work-related musculoskeletal disorders to refer to injuries or conditions of the musculoskeletal system that occur when work demands lead or contribute to the discomfort, pain, or injury.

Common work-related musculoskeletal disorders include sprains and strains to lower backs, upper and lower limbs, and nerve compressions like carpal tunnel syndrome.

[Quick guide: Work-related musculoskeletal disorders and risk factors | WorkSafe](#)
[Definitions: Musculoskeletal disorders and work-related musculoskeletal disorders | WorkSafe](#)
[Report: Work-related musculoskeletal disorders definitions review | WorkSafe](#)

EMPLOYMENT NEW ZEALAND

Mentally Healthy Work

To help businesses and organisations as they build and support mentally healthy work, there are a number of short essays published about this important area on the Worksafe website.

[Mentally Healthy Work – short essays on important topics | WorkSafe](#)

Employment Obligations

Do you want to know more about your employment rights and obligations? Check out our interactive online learning modules with quizzes to help you learn more about the key employment laws that affect you. We have modules for employers or employees. It's free!

[Summary of NEW - An introduction to your employment obligations \(elearning.ac.nz\)](#)

Changes to working holiday visas

Do you employ people on working holiday visas? The Government has made changes to extend visas for some Working Holidays Scheme visa holders who are currently in New Zealand, to help meet workforce shortages. There are also changes to expand the Spain Working Holiday scheme.

[Working Holiday Scheme changes to help address labour shortages | Immigration New Zealand](#)

The past is a place to learn from not to live in.

<p>I finally found a diet plan that really works. It is called “the price of food”.</p>	<p>SOME INTERESTING SITES TO FURTHER EXPLORE</p>
	<p>UK: The National Activity Providers Association has released a new free resource called the Dementia and Engagement toolkit. Dementia and Engagement – NAPA Activity Resource Pack (napa-activities.co.uk)</p> <p>NZ: A new website from the "Caring for People with Dementia Together" collaboration provides information about dementia for Chinese New Zealanders. Information CPT NZ – CPT 护脑同行 (chinesedementia.org.nz)</p> <p>NZ: Researcher Anna Wirz-Justice talked with Radio NZ about the importance of spending time in daylight, including how it can improve mood and sleep in people living with dementia Daylight essential for our sleep, health and mood RNZ</p> <p>Recruiting: Rosemary Frey and team from Auckland University are seeking to talk to families and whānau of individuals who used or considered using the End of Life Care Act. Researchers seeking families to talk about the End of Life Care Act (nzdementia.org)</p>
	<p>USE OF ANTIBIOTICS TO MANAGE URINARY TRACT INFECTIONS</p>
	<p>Recording now available for recent aged residential care webinar about the use of antibiotics to manage urinary tract infections Mātakitaki atu i te kahau tuihono tauwhiro kaumātua mō te rongoā paturopi hei whakahaere poke ara mimi</p> <p>Urinary tract infections (UTIs) are one of the most common infections diagnosed in aged residential care.</p> <p>In this webinar held in February 2023, presenters from Te Tāhū Hauora, Observatory Village Lifecare and HealthCERT presented on optimising the use of antibiotics in the management of UTI in aged residential care.</p> <p>Topics covered were:</p> <ul style="list-style-type: none"> • the latest interventions to diagnose and treat UTI • the application of the new health and disability service standards in the ARC sector • how to implement a programme to optimise the use of antibiotics for UTI • the experiences of a facility that has implemented this programme and reduced its number of reported UTIs. <p>Webinar recording: Optimising the use of antibiotics in the management of urinary tract infections in aged residential care Health Quality & Safety Commission (hqsc.govt.nz)</p>
	<p>ENVISIONING A RESTORATIVE HEALTH SYSTEM IN AOTEAROA NEW ZEALAND He maungarongo ki ngā iwi: Envisioning a restorative health system in Aotearoa New Zealand Health Quality & Safety Commission (hqsc.govt.nz)</p>
	<p>This framework supports the health and disability sector to mitigate and respond to health care harm in Aotearoa New Zealand. Health care harm as defined in this framework can be a physical, psychological, social, spiritual injury or experience that occurs during the provision of care. In Aotearoa New Zealand, harm also occurs and endures due to the impacts of imperialism, colonisation and racism. In te ao Māori, harms are conceived as diminishing of the tapu and mana of people, their environments and their spiritual connection. The framework was developed by the National Collaborative for Restorative Initiatives in Health in partnership with a diverse range of stakeholders over an 18-month period. The recommendations in the framework aim to enhance the overall health and wellbeing of consumers and providers of health care, while accounting for the unique features of the health system context.</p>

BUSINESS E-LEARNING SERIES

I believe this training would be suitable for managers and fulfils the requirement that managers need to have specific training.

Learn how to focus on what matter most to you and your business, improve your mental and physical wellbeing, and find out how to prioritise so that you can make the most of your time and energy.

Developed in partnership with SPARK business Lab and The Institute of Organisational Psychology, this e-learning series is designed to help you run your business more effectively and make your life easier.

Watch the videos to get practical advice, learn from experts, and download useful tips and templates you can use every day.

Start now and learn at your own pace.

[Brave in business e-learning — business.govt.nz](https://business.govt.nz)

INTRODUCING THE NEW ZEALAND ASEPTIC TECHNIQUE

From: Chief Clinical Officer and Head of Health Partnerships, ACC

We are pleased to announce that new resources are available to help healthcare professionals reduce the risk of healthcare associated infections by using the New Zealand Aseptic Technique (NZAT).

Free to access and developed in Aotearoa New Zealand, NZAT is a simple, consistent approach to aseptic technique. It is consistent with, and complementary to, other aseptic education that some healthcare organisations have invested in, such as the Aseptic Non-Touch Technique.

Developed by experts across the health sector with support from ACC and Te Whatu Ora Hutt Valley, Capital and Coast and Counties Manukau, NZAT is designed for all health professionals who undertake procedures that may introduce infection, in any clinical setting.

New resources are available at LearnOnline.health.nz to support you and your organisation to use the NZAT. They are free to access and use, and it takes less than two minutes to create a log in. You will have access to:

An in-person training package – this is a PowerPoint presentation to deliver in-person training to staff along with a supporting educational handout.

- an audit package including an audit tool and auditor’s user guide. These can be used to determine current practice and knowledge of aseptic technique principles, assess ongoing competency and further learning opportunities.
- an online e-learning module for healthcare workers. This takes about 30 minutes to complete, and learners will receive a printable certificate which can contribute to their professional development. This module can be added to your own e-learning platform, please contact us for more information.
- an Aseptic Technique policy template – developed by Te Whatu Ora Hutt Valley. This template is modifiable and can be used by organisations to support their compliance with the Ngā Parewa Health and Disability Sector Standard.

Visit LearnOnline.health.nz for more information and to access the resources. Contact infection_prevention@acc.co.nz if you have any questions.

John Robson Chief Clinical Officer and Head of Health Partnerships, ACC

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**I thought
growing old
would take
longer.**

Intelligence is like underwear. It is important that you have it, but not necessary that you show it off.

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
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

SILVER RAINBOW

Lesbian, Gay, Bisexual , Trans and Intersex (LGBTI)

Education for Caregivers

If you are interested, please contact Stefanie



Stefanie.OBrien@rainbowtick.co.nz to find out how you can book Silver Rainbow education for your organisation.

<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

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.