



EDITION 77– Jan 2021

WHS & Wellbeing

NEWS BULLETIN

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THE NEW AGE CARE STANDARDS

Welcome - To the 77th edition of the **Work Health Safety (and Wellbeing) News Bulletin**.

Hello Everyone,

Our WHS newsletter has a combination of **WHS** and **Wellbeing** information.

Please feel free to offer any advice on what you would like to see included in these additions as this information is for not only the resident's safety but also just as important your safety and wellbeing.



Do you have an inspiring story you would be willing to share with us all? We would love to hear your inspirational story on how you took on a challenge, such as weight loss, healthy living choices, improved your fitness or overcoming any adversity in your life etc.

Every story published in this newsletter will be given a prize.

A little quote:

Source: Australian Aged Care Quality Agency website www.aacqa.gov.au

Consumer dignity and choice Standard 1

People are all shaped by personal characteristics, experiences, values and beliefs. Aged care consumers have the same diversity of characteristics and life experiences as the rest of the community.

Each consumer has social, cultural, language, religious, spiritual, psychological and medical needs that affect the care, services and supports they need.

No two consumers' lived experiences are the same. What is respectful or dignified for one consumer might not be for another. This means organisations need to take the time to listen to and understand each consumer's personal experience. They need to work with consumers in an inclusive and respectful way, using a consumer-focused approach.

It's important for an organisation to address diversity, whether or not a consumer has told

them about their unique life experiences or characteristics. Using strategies to support the organisation's commitment to diversity helps consumers to feel confident sharing their identity and helps the workforce to see them as a whole person.

The importance of staying hydrated

Drinking fluids is crucial to staying healthy and maintaining the function of every system in your body, including your heart, brain, and muscles. Fluids carry nutrients to your cells, flush bacteria from your bladder, and prevent constipation.



Stay hydrated gradually, throughout the day. Drink fluids, or eat water-rich foods.

Older adults often don't get enough fluids and risk becoming dehydrated, especially during summer when it's hotter and people perspire more. "Older people don't sense thirst as much as they did when they were younger. And that could be a problem if they're on a medication that may cause fluid loss, such as a diuretic. Warning signs of dehydration include weakness, low blood pressure, dizziness, confusion, or urine that's dark in colour.



Reminder to all staff to regularly check and encourage residents to drink extra fluids in the warmer weather

Monitor your symptoms

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly.

Fever
Cough
Sore throat
Shortness of breath

People with coronavirus may experience:

- fever
- flu-like symptoms such as coughing, sore throat and fatigue
- shortness of breath

If you are concerned you may have COVID-19, use the symptom checker on healthdirect.

CLS Choose Life Services



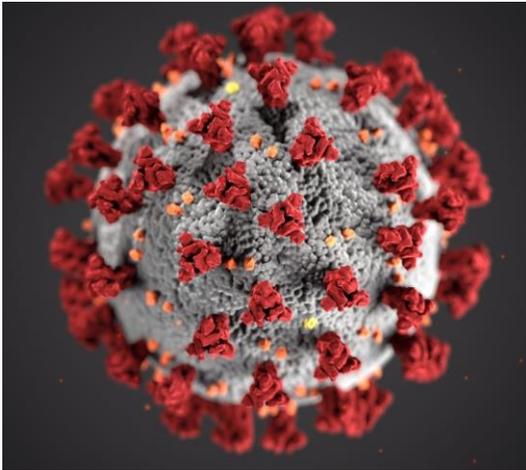
A reminder to all staff that CLS have been contracted to provide the following options of support below at no cost to you.

- Personal counselling and support for you and members of your immediate family
- Mentoring
- Critical Incident Management and Debriefing
- Mediation and Dispute Resolution

Confidentiality guaranteed:

You can have peace of mind in knowing your connections with the service are totally confidential. Phone **1300 132 098**

All staff will be participating in a Simulated Out break of Covid-19



The Department of health have made it compulsory that we run simulated out break sessions on site. This means in two weeks' time and then the next three weeks after that it will be announced on certain days and times we have three positive COVID-19 cases on site. This will be done one area at a time and we will be expected to execute our outbreak plans completely like we would in the real event. Please ensure you are aware of your responsibilities as it will include all processes from cleaning, catering, laundry administration and resident care, we all have roles that will be required to be executed.

If you are unsure on what you are expected to do during an outbreak please discuss this with Maree, Mel CNC, Leanne Jones or Jodi Towns. Please take this time to refresh yourself on the plans as it is vital we are able to act quickly. These simulations will assist us in being prepared and help us identify and gaps we may have.



Why simulating is important

The rapid onset of COVID-19 and its huge burden on resources requires coordinated action across many areas of the home, including staffing, equipment supply chains, bed management, diagnostic capabilities, nursing and medical treatment, infection control, and hygiene skills compliance.

In terms of equipment and human resources, the demand exceeds what is available in most current healthcare systems . Therefore, smart and novel ways of increasing and upskilling a workforce, locating and supplying equipment, and optimising work systems are needed. Simulation can play a vital role in solving these problems, and simulation often possess valuable capabilities to facilitate the necessary analytical work required to match the needs, content, and methods to implement effective interventions. Given the urgency of the situation, careful analysis of learning needs and simulation focus points are critical, so that procedures are followed correctly and that there is appropriate use of resources to enable effective resident care.

On behalf of the Staff Wellness and WHS Committees