

OLOC STAFF NEWS

Our Lady of Consolation
Aged Care & Services

ISSUE 2

MAY 2022

*Thank you
nurses*





**International Nurses Day
12 May 2022**

- UPDATES AT OLOC
- WELLBEING
- HEALTH & EXERCISE

- QUALITY CORNER
- NEW TECHNOLOGY
- REFRESHER COURSE

- EDUCATION & TRAINING
- NOTICE BOARD



	3	Updates at OLOC Changes and Information throughout OLOC.
	4	Wellbeing Mindful Tech.
	6	Health & Wellbeing Returning to Exercise.
	8	Quality Corner Standard 4 & 6.
	10	New Technology Virtual Reality.
	12	Refresher Course Cleaning CPAP Equipment.
	14	Education & Training COVID Infection Control Training; Education Calendar.
	15	Education The Importance of Testing.
	16	Notice Board Employee Assistance Program (EAP); Support FMM Sisters' Projects in Indonesia and Ethiopia; Public Holidays NSW 2022/2023.

Thursday this week marks International Nurses Day 2022, and it is a good time for our nursing and care staff to take a breath and be proud of yourselves for the valuable role that you play in our world. You can certainly say that you do some good in the world!

This week we find ourselves managing Covid outbreaks in three of our residential units, St Anthony's, Assunta and Alverna. I want to acknowledge the outstanding work that has been done and continues to be done in these units by our staff and managers. We are lucky to have so many really good people working for us.

I appreciate the staff in these units are working in full PPE and that this is very uncomfortable and very difficult. In recognition of this, as from the start of this current outbreak at the start of May, we will be paying a 20% loading to staff who are working in full PPE. We think it's important to acknowledge the difficulty that staff are dealing with on a day-to-day basis.

That Ground Hog Day Feeling

On a more personal level, we can all be forgiven for sometimes feeling like we are living through a recurring series of Covid scares, when our instinctive reactions might be "here we go again" or "when will this end?"

It can all be a bit overwhelming at times. Or it can just grind us down over time, so we are just feeling a little less of everything, including the good in life.

I want to remind people that it's important to look after yourself on an emotional level. Covid continues to be a major problem for us, both at work and at home. Covid is obviously a challenge at work but it also can get in the road of us doing some of the things that we used to enjoy before the pandemic. We all work hard at OLOC, and we can be proud that together we do some good here, but we have to maintain a balance in our lives. We all get out of balance sometimes, but at those moments we need to stop and take a breath and find that something that tops us our energy level and sense of joy.

I don't have easy answers that work for everyone, but whether it's taking up meditation, doing some more exercise, shouting at the TV when our team is playing or enjoying a glass of wine with someone we like, we all need to find ways to relax and sit back and smell the roses sometimes.

Barry Wiggins
Chief Executive Officer

Wellbeing



Mindful Tech

Do you often find yourself opening your phone to respond to a message only to be distracted by something else before forgetting why you logged on in the first place? Do you spend more time on your phone than what you had planned when checking your social media accounts? It could be a sign that you need to evaluate your tech use.

If you find that your technology consumption is interfering with your relationships and preventing you from enjoying the moment, appreciating all the good things in life and taking notice of your surroundings, it might be time to take a step back and focus on how much and why you use technology.

Re-evaluating the way we interact with our devices does not mean deleting our social media accounts or going days on end without looking at a screen. Creating new habits around technology means being mindful about when and why you reach for your phone or tablet.

Here are some tips to kick start a new habit to use your devices more mindfully.

When and How

Repeated behaviour creates loops that will have us repeating the same action over and over. For example, you might reach for your phone every time you wait in line or check your social media accounts each time you get a notification. By being aware of when and what we're using our phone for we gain a greater sense of control over our habits, giving ourselves with the opportunity to change our behaviour.

Challenge yourself by stepping away from your social media and emails for a day and see what happens. This is how you'll know how much you're really using your technology.

Think Differently

Instead of seeing your devices as a platform for distraction, think about the ways that they can help increase creativity, streamline your workflow and teach you new skills. Redefining how you think about technology and what positive uses it has can help change the way you interact with it.

Use Technology Against Technology

Try using apps to help limit your distractions. Apps like FocusMe can block specific sites or apps for you for a nominated period of time. You can also use it to set reminders for specific tasks and activities, like taking a break or going for a walk.

Try turning off notifications that might prompt you to open your phone without thinking. Move enticing social media icons to the second page of your home screen so they're not as easily accessed.

Prepare to be Fidgety

You might find yourself at a loss when you're not on your phone; you may even find yourself with extra free time. Creating screen-free time during your day can give you more time to practice self-care, pick up new hobbies and work on being more present with those around you.

The key to technology use is taking note of how you feel when you're using it. If you find it makes you feel irritated or drained it could be time for a break.

Productivity Apps

Productivity apps aren't about pushing yourself to do more with less time or be more efficient, unless that is your goal. What they're really good for is turning a less exciting task and making it better or easier.

Here is a list of some apps that can help you get more done.

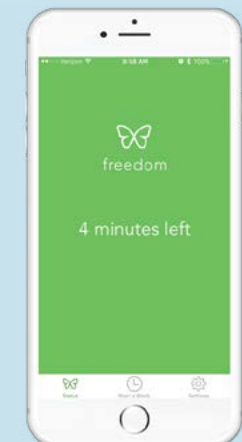
Forest

In a fun and purposeful way, Forest trains you to manage your time and become less dependent on your phone. By spending time off your phone, the app rewards you by growing virtual trees and earning coins which you can save up and use to help plant real trees. On this app, if you want to focus on task, plant a seed and the sprout will turn into a tree over the nominated time frame. If you leave the app and get distracted before the time has ended, your tree will wither!



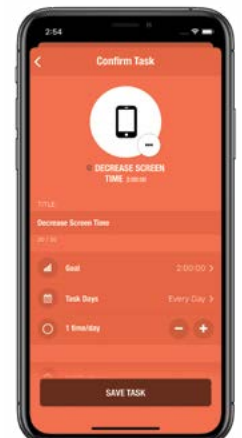
Freedom

Freedom keeps you focused and committed to your goals by limiting the time you spend on time wasting apps by blocking them. With this app you can nominate which apps to block, when and for how long, cutting off your access to any distractions on your devices. It also allows you to block the entire internet when you need a break and there is a locked mode for the days that you know you'll end your Freedom session early.



Streaks

Streaks is the to-do list that helps you form good habits by encouraging you to work on your goals regularly. Every day that you complete a task, your streak is extended, but if you miss a day your streak resets to zero. You can nominate up to twelve goals and which days the tasks need to be completed. There are also options to view statistics and track your results to keep you motivated.



Returning to Exercise

Returning to your normal routine after COVID or any illness can be a challenge, particularly when it comes to exercising. While you won't be able to run as fast as usual or lift as much as before straight away, it's not impossible to get your fitness back to where it was before your diagnosis.

For many people who enjoy regular exercise, skipping work outs and taking time off their usual workout routine can make them feel guilty or lazy. However, pushing yourself too soon after recovering from COVID can have some very negative effects.

Returning to exercise after recovery of any injury or illness requires patience and consistency. In the early stages of recovery, any movement can be considered a form of exercise. This could include getting up and going to the bathroom, preparing yourself something to eat or any basic activity you need to do. Being active can help stimulate the immune system during recovery but it is essential that you listen to your body and if you start to feel uncomfortable, it means you need to take a break.

As your symptoms lessen you can begin to increase your activity, starting with something gentle like walking before gradually building back into cardio and strength training. It is normal to have some shortness of breath, minor aches, fatigue and a persistent cough weeks after the initial phase of COVID, however if you find these symptoms are getting worse and limiting your ability to the things you normally do, then it is essential that you slow down and take an easier approach to your return to exercise.

Pushing through symptoms can make them last longer and put you at risk for long COVID.



Long COVID

Long COVID is the term for ongoing symptoms after the virus has left the body. The continuation of fatigue, a sore throat, persistent cough, muscle aches, shortness of breath, nausea and light headedness can all impact your ability to lead a normal life.

To manage fatigue, it is important that you pace yourself, ensuring you have enough rest breaks throughout the day. Starting with small amounts of activity can get you into a rhythm that you can gradually increase from.

As always, a regular sleep routine, healthy diet, stress management and appropriate exercise can help with recovery.



Do:

Wait until you have at least seven days with no symptoms before returning to exercise.

Start at 50% of normal intensity and slowly progress over time.

Listen to your body. You know your body better than anybody else. Stop and rest if something does not feel right.

Sleep and rest to help your immune system to fight the disease.

Gradually build up your exercise as you feel comfortable to do so. Allow yourself extra time to return to your pre-COVID fitness.

Don't:

Exercise if you're still sick and have symptoms like a fever, cough, chest pain, palpitations or shortness of breath at rest.

Push through a workout if you're still feeling sluggish after COVID. It will not speed your recovery and could cause a relapse.

Exercise if your symptoms return. If exercising causes symptoms like chest pain, fever, palpitations or shortness of breath, stop and see a doctor.

Spotlight on
STANDARD 4:

'I get the services and supports for daily living that are important for my health and well-being and that enable me to do the things I want to do.'



SERVICES AND SUPPORTS FOR DAILY LIVING

Standard 4 ensures that the daily living services that are provided to consumers supports them to continue living as independently as possible and enjoying life. This standard allows consumers to remain being in control of their lives with aids that also encourage their health and wellbeing.

Despite any health challenges they may face, this standard allows consumers to continue achieving their goals while fostering their participation in roles that have meaning and assist in their overall health and wellbeing.

Standard 4 is applied by ensuring that:

- Consumers receive safe, effective services that support their needs, goals, and preferences, as well as promoting their independence, health, happiness, and quality of life.
- Services and supports for daily living promote their emotional, spiritual, and psychological health.
- Services and supports that encourage community participation, social and personal relationships, as well as doing things that interest the consumer.
- Relaying information about the consumer's condition, needs, and preferences to other carers.
- Providing nutritious, varied meals.
- Ensuring that equipment is suitable, safe, well-maintained, and clean.

FEEDBACK AND COMPLAINTS

Standard 6 is designed to make the consumer feel safe, supported and able to provide feedback on the care they receive, including complaints. Under this standard they are also involved in their feedback and what response and results come from them.

Under this standard, care providers must have a system to resolve complaints that is accessible, confidential, prompt and fair. It is open for feedback and complaints and both are treated with the same urgency and respect.

Resolving complaints within an organisation can help build the relationship between the consumer and care provider, often producing better outcomes for all involved.

The standard is applied using the follow requirements:

- Consumers are encouraged to provide feedback to carers. Their family, friends, and other carers are also encouraged to do so.
- Consumers are given access to advocates, language services, and other ways to provide feedback.
- Every complaint is addressed, actioned, and communicated to the consumer.
- Feedback and complaints are reviewed, and help to improve the quality of care.

Spotlight on
STANDARD 6:

'i feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate actions is taken.'



FOR FURTHER INFORMATION

ON ALL THE STANDARDS PLEASE ASK YOUR MANAGER FOR THE COPY OF THE AGED CARE QUALITY SAFETY COMMISSION GUIDANCE & RESOURCES MANUAL OR A COPY OF THE STANDARDS.

Virtual Reality

Virtual Reality or VR has come a long way since it was first created. No longer looked at as just a medium for entertainment, VR has proven to be a valuable tool for delivering health interventions that improve the physical, mental and emotional wellbeing of older people.



Studies have shown that VR can help enhance the physical, mental and emotional wellbeing of older people. Virtual reality removes the physical barriers that prevent many elderly people from participating in recreational activities. Not only does it allow people to experience things that they've never seen before, it also encourages movement, mobility and socialising. Virtual Reality provides an opportunity to offer recreational and occupational therapies in new, exciting and engaging ways.

Delivered through immersive headsets, VR is an outlet for seniors to engage in activities that they haven't been able to or no longer can do. When they place a headset on, they are no longer confined to the physical constraints of the world. Through virtual reality, people are given access to almost anything their imagination can dream of. They can travel the world, seeing sights they've spent their lives dreaming about like bicycling through the streets of Paris, swimming with turtles or enjoying a hot air balloon ride across the countryside, and all from the comfort of their

chair.

Not only does VR enable residents to enjoy the benefits of travel and exploration, they will find themselves exercising as a natural response to what they see as they move around to view the sights on screen. Even after the headsets have been put down, the benefits of VR technology continue, as the experience provokes hours of meaningful memory and engaging conversations through shared experience.



The Leisure and Lifestyle team are introducing virtual reality to their program! Look out for residents engaging in VR as they explore the best sights and scenes of the world without having to leave the comfort of home.

How does it work?

Virtual reality is a simulated environment that looks and feels incredibly realistic.

Users are given a headset which allows them to explore any digital space by looking up, down and all around. Unlike computers or online videos, virtual reality adapts to your head movements to immerse you in a 360 degree, 3D environment.

The headsets cover your eyes and block out the surrounding room, engaging the user completely into the experience, complete with surround audio.

The headsets are controlled with a central tablet where experiences can be selected and controls all the headsets so the experience can be synchronised for group sessions. The tablet shows staff what the resident are experiencing with numbered headsets.



The benefits of using virtual reality:

Exercise

The movements needed to use the headsets naturally encourage physical activity. Programs will have people sitting up in their chairs, moving their arms and legs and looking around. There are also programs available with games or objectives that require movement to complete. With the help of VR and the inquisitive nature of people, the user's focus is directed to what they're experiencing and exercise just flows naturally.

Pain Relief

Even if it is temporary, research has shown that people have an increased tolerance to pain when they have both audio and visual stimuli. This means that people who are immersed in a virtual reality experience with headsets and earphones will feel less pain during their session.

Excitement

Like any new enjoyable experience or surprise, when we are excited, our positive emotions are intensified, we can focus our attention better, our stress levels are reduced and we are left feeling good overall.

Social Connectedness

Even though virtual reality is experience with a headset, blocking your view from your surroundings, when a person puts on a VR headset and sees a familiar place, their mind opens up and allows them to tell stories of the past. People are often compelled to reminisce about their travels and shared experiences and this is how virtual reality opens up lines of communication.

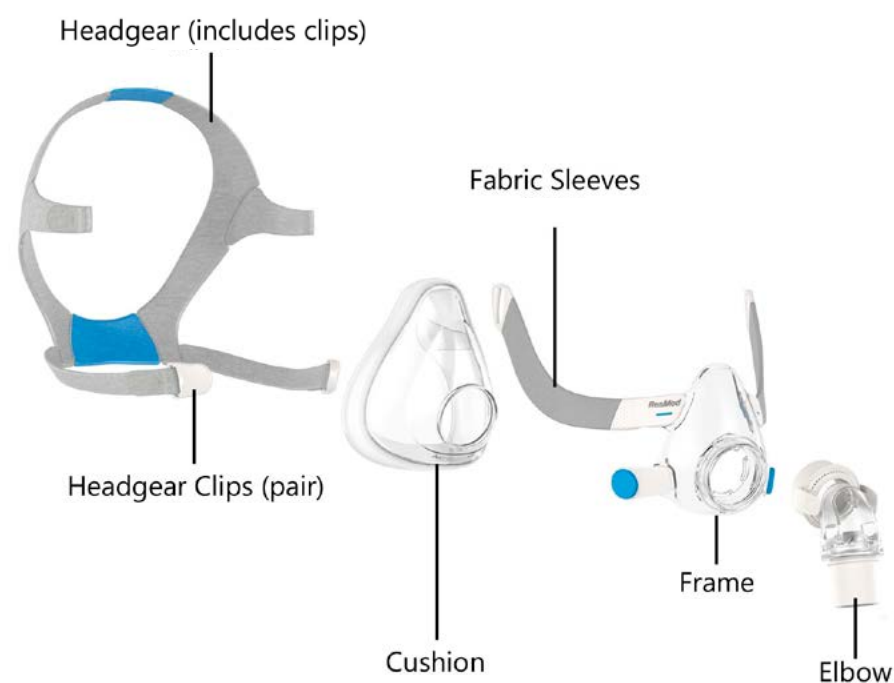
Cleaning CPAP Equipment

To get the best possible therapy for sleep apnea, it's important to properly clean CPAP equipment on a regular basis including the mask, air tubing and humidifier tub.

Cleaning CPAP mask cushion, frame & headgear

Daily cleaning tips:

1. Unplug the CPAP machine from the power source.
2. Disconnect the mask and air tubing from the CPAP machine.
3. Disassemble the mask into 3 parts (headgear, cushion and frame).
4. In a sink or tub, clean the mask cushion and headgear to remove any oils. Gently rub with soap and warm, drinking-quality water.
5. Avoid using stronger cleaning products, including dish detergents, as they may damage the mask or leave harmful residue.
6. Rinse again thoroughly with warm, drinking-quality water.
7. Place the cushion and frame on a flat surface, on top of a towel, to dry. Avoid placing them in direct sunlight.



Air tubing cleaning tips

Weekly cleaning tips:

1. Unplug the CPAP machine from the power source.
2. Disconnect the air tubing/hose from the mask and CPAP machine.
3. In a sink or tub, rinse the inside and outside of the air tubing with mild soap and warm, drinking-quality water. Avoid using stronger cleaning products, including dish detergents, as they may damage the air tubing or leave harmful residue.
4. Rinse again thoroughly with warm, drinking-quality water.
5. Place the air tubing on a flat surface, on top of a towel, to dry. Avoid placing in direct sunlight.

Humidifier tub cleaning tips

Daily cleaning tips:

1. Unplug the CPAP machine from the power source.
2. Disconnect the humidifier tub from the CPAP machine.
3. In a sink or tub, rinse the humidifier tub with mild soap and warm, drinking-quality water. Avoid using stronger cleaning products, including dish detergents, as they may damage the humidifier tub or leave harmful residue.
4. Rinse again thoroughly with warm, drinking-quality water.
5. Place the humidifier tub on a flat surface, on top of a towel, to dry. Avoid placing in direct sunlight.
6. The humidifier tub should always be clean, clear and free of discoloration.

Weekly cleaning tips:

1. Once a week, soak the humidifier tub in a solution of 1-part white vinegar and 1-part water for 15-20 minutes.
2. After soaking, rinse thoroughly with warm, drinking-quality water.
3. Place the humidifier tub on a flat surface, on top of a towel, to dry. Avoid placing in direct sunlight.

COVID-19
INFECTION
CONTROL
TRAINING

COVID-19 INFECTION CONTROL TRAINING IS AVAILABLE ONLINE. PLEASE ENSURE THAT YOU HAVE COMPLETED ALL MODULES AVAILABLE.

The course covers the fundamentals of infection prevention and control for COVID-19 and is necessary for all staff.

As you complete the modules you will receive a certificate, please provide Sonja with a copy for her training records.

<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

EDUCATION
CALENDAR

MAY 2022

WEDNESDAY 11TH	St Joseph Staff Meeting St Helens Staff Meeting
FRIDAY 13TH	St Francis Fire Safety
TUESDAY 17TH	Alverna Staff Meeting
WEDNESDAY 18TH	St Francis Staff Meeting Assunta Staff Meeting
WEDNESDAY 25TH	Nursing Home RN Meeting
THURSDAY 26TH	St Anthony Staff Meeting
FRIDAY 27TH	St Anthony Fire Safety

JUNE 2022

FRIDAY 3RD	Alverna Fire Safety
WEDNESDAY 8TH	St Joseph Staff Meeting St Helens Staff Meeting Community Care Fire Safety
WEDNESDAY 15TH	St Francis Meeting Assunta Meeting
FRIDAY 17TH	Assunta Fire Safety
TUESDAY 21ST	Alverna Staff Meeting
WEDNESDAY 22ND	Nursing Home RN Meeting
THURSDAY 23RD	St Anthony Staff Meeting

The Importance of Testing

When COVID first hit our shores, we did not realise how much of an impact it would have on our lives and work. Two years later and we could have never predicted that we would still need to be as vigilant as we were when it first entered our community.

Working with the most vulnerable people in the community, our clients look to us in times of need, particularly when they are limited by restrictions and the fear COVID brings. We have worked hard throughout the last two years to provide our high standard of care while ensuring the health and safety of our clients, colleagues and ourselves.

Many care staff from across our services have been discussing why when the rest of Australia seems to be open, those of us who work in the Aged Care sector are still testing, wearing PPE and continuing to be cautious in our daily practices.

Our rules are in accordance with the Public Health unit's guidelines for Aged Care services and follow the instructions set by our Senior Management team.

These are the current directives set to ensure the safety of you and your client in regards to COVID:

- Before you leave home for your shift, please take your temperature and record it on your paperwork.
- We are asking you to have 2 RAT tests and 1 PCR test a week. Try to split them up over the week, for example: Monday RAT test, Wednesday PCR and Friday RAT test. Send your results to your Care and Services Coordinator as you do them, as this helps with contact tracing if a client or staff member is positive.
- Always wear your mask when you are with a client.
- Ask the screening questions and fill in your paperwork every day for each client.
- If your PCR test returns a positive result, do not panic. Contact your Care and Services Coordinator straight away. If you are positive you will need to be off from work for 10 days or until you have no symptoms.
- If you have been deemed a close contact, report this to your Care and Services Coordinator and have a PCR test done straight away.

By now, all Community Care staff should have had their booster shot. Make sure you have sent your Medicare vaccination sheets to your Care and Services Coordinator for proof.

While it seems like COVID is not going anywhere time soon, it is important that we learn to live with it in our lives, while remaining diligent. To keep ourselves, our families and one another safe, remember to social distance, wear your mask where you can't and continue to wash your hands thoroughly.

Deborah – Care and Services Coordinator

Notice Board

- EMPLOYEE ASSISTANCE PROGRAM (EAP)

ACCESS Programs have been engaged by OLOC to provide an Employee Assistance Program for staff members. They provide confidential, professional and free counselling for work related, family and personal problems. Through access to qualified counsellors, our staff have the opportunity to identify problems and find the best way to resolve them. You can contact ACCESS to make a confidential appointment on: **1800 818 728**.

Support FMM Sisters' Projects in Indonesia and Ethiopia

Please complete the following form by ticking the box next to your preferred option and inserting your personal details and signature in the space provided: Commence Fortnightly Payroll Deduction Form:

I _____
(insert name in block letters) hereby authorise:
(Tick the box below that applies):

☐ \$2.00 or

☐ \$ _____ (Alternative amount per fortnight)
to be deducted from my fortnightly pay to assist the
FMM Sisters in HIV/AIDS Education in Ethiopia.

I authorize this deduction to commence from my next
available pay until such time as I notify otherwise in
writing or until the project ceases.

Signed: _____

Date: ____/____/____

Bundy No./Payroll ID _____

MANAD
SUPER USERS

SONJA PAYNTER
JULIE KOBERLER
MARYANN PETERS
CYNTHIA CALUBAD
HEIDI GHER
NENITA RONQUILLO
ANDREA EL BOUSTANI
ROBYN DICKENS

PUBLIC
HOLIDAYS
NSW
2022/2023

Queen's Birthday

Monday 13th June 2022

Labour Day

Monday 3rd October 2022

Boxing Day

Monday 26th December 2022

Christmas Day (in lieu)

Tuesday 27th December 2022

New Year's Day (in lieu)

Monday 2nd January 2023

Australia Day

Thursday 26th January 2023

Good Friday

Friday 7th April 2023

Easter Sunday

Sunday 9th April 2023

Easter Monday

Monday 10th April 2023

Anzac Day

Tuesday 25th April 2023