

EASTER EDITION APRIL 2022

VOLUME 26

# Health Education Collaborative Newsletter



## A note from the CEO

Bruce Greaves



We are very excited to announce a new division of HEC, our **Executive Health Program (EHP)**. The EHP provides health screening including:

- heart health and cardio-vascular assessment
- diabetes assessment
- nutrition
- targeted health education
- online learning for individuals and groups
- general health assessment
- follow-up by our medical team and vaccination services for the corporate business sector and company health programs.

The program team includes highly skilled nurse consultants, doctors, psychologists, dietitians/nutritionists, personal trainers and exercise physiologists who will deliver comprehensive screening and follow-up.

Sheryn Lethlean is the Executive Division Manager. Sheryn has extensive experience in healthcare, health education, health program management and facilitation. Specialist areas include healthcare education, vaccination education and program management, infection control, health/wellbeing education program development and employee health management.

We welcome Sheryn to the Health Education Collaborative Team.



## IN THIS ISSUE

A note from the CEO

This month's clinical update

Flyers



Health Education  
Collaborative

# Education Update



Marg Villella

## Respiratory Assessment

For a complete breathing assessment, you need to assess the 3 E's - Effort, efficacy and Effect.

### Effort

Count respiratory rate (RR) for 1 minute. RR is very important as respiratory changes are an early indicator of deterioration. When assessing RR, look for signs of accessory muscle use including:

- tracheal tug
- in younger children subcostal and intercostal recession
- diaphragmatic breathing and tripodding

### Efficacy

Look at chest expansion (how well is the chest moving and is it symmetrical), air entry and oxygen saturations. Impaired efficacy of breathing is suggested by reduced chest expansion, diminished air entry and reduced SpO<sub>2</sub> on pulse oximeter.

### Effects

What are the effects of their effort and efficacy of breathing? What is the patient's HR, skin colour and mental state. Cyanosis, tachycardia and altered mental status such as confusion or agitation would suggest reduced oxygen delivery.



*"I am still learning"*

MICHELANGELO (AT AGE 87)

## UPCOMING EDUCATION SESSIONS

Monday, 23 May 2022  
Fracture Management Course (NSW course)  
Time: 0845 to 1700  
Northbridge Golf Club  
296c Sailors Bay Road  
NORTHBRIDGE NSW 2063

[Click here](#) to register

Thursday, 16 June 2022  
Fracture Management Course

All Seasons Hotel  
Lansell 2 room  
171-183 McIvor Hwy  
BENDIGO VIC 3550  
Time: 0845 to 1700  
Cost: \$525

[Click here](#) to register

See flyers for more courses.

## Executive Health Program

- Comprehensive medical health checks
- Individualised health education solutions
- Supported by interactive online program's
- Organisation vaccinations
- Improve your organisations performance

### Program Details:

- Comprehensive, systematic health screening and assessment
  - Interactive online health education modules
- Access to various targeted packages, such as pandemic return to work, burnout and lifestyle / nutrition guidance packages
- Detailed de-identified reporting on overall results, and individual reports, education, feedback and follow up
  - Supportive executive health coaching sessions

### Benefits to employers:

- Early intervention and disease prevention
  - Improved executive health outcomes
  - Retention of key personnel
  - Increased morale
- Healthier executives means less absenteeism, and less disruption to business
  - Improved workplace performance and productivity
  - Improved relationships and executive engagement

For further information

[info@healthec.com.au](mailto:info@healthec.com.au)

or contact the executive director

Sheryn Lethlean

M: 0476 240349

email: [slhealtheducation@outlook.com](mailto:slhealtheducation@outlook.com)

*"The great aim of education is not knowledge but action."*

HERBERT SPENCER

## ONLINE COURSES

### ECG Basics

Suitable for all nurses, paramedics and doctors that need to be able to interpret an ECG.

[Click here](#) to register.

### Clinical Assessment

Suitable for nurses, nursing students, medical students and doctors. A thorough systematic assessment is vital in order to assesses patients and to recognise early deterioration.

[Click here](#) to register.

# Bendigo

## Fracture Management Course



This is the only fracture management course endorsed by the Australian Orthopaedic Association (AOA). There is an online component to complete as well as attending the practical day.

[Click here to register](#)

Thursday, 16 June 2022

All Seasons Hotel  
Lansell 2 room  
171-183 Mclvor Hwy  
BENDIGO VIC 3550

Time: 0845 to 1700  
Cost: \$525



Health Education  
Collaborative

20 hours of CPD

[Click here to register](#)

Please share with your colleagues.

*"The object of opening the mind, as of opening the mouth, is to close it again on something solid."*

G K CHESTERTON

FLYERS

CONTACT US

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Bruce Greaves 0444 547036

email:

[info@healthec.com.au](mailto:info@healthec.com.au)



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# Sydney

## Fracture Management Course



This is the only fracture management course endorsed by the Australian Orthopaedic Association (AOA). There is an online component to complete as well as attending the practical day.

[Click here to register](#)

Monday, 23 May 2022

Northbridge Golf Club  
296c Sailors Bay Road  
NORTHBRIDGE NSW  
2063

Time: 0845 to 1700  
Cost: \$525



Health Education  
Collaborative

20 hours of CPD

[Click here to register](#)

Please share with your colleagues.

*"Spoon feeding  
in the long run  
teaches us  
nothing but the  
shape of the  
spoon."*

E M FORSTER

FLYERS

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# Geelong

## Fracture Management Course



Wednesday, 8 June 2022

Geelong Events Centre  
Starboard Room  
Cnr Myers & Gheringhap  
Street  
Geelong VIC 3220

Time: 0845 to 1700  
Cost: \$525

This is the only fracture management course endorsed by the Australian Orthopaedic Association (AOA). There is an online component to complete as well as attending the practical day.

[Click here to register](#)



Health Education  
Collaborative

20 hours of CPD

[Click here to register](#)

Please share with your colleagues.

*"Always walk through life as if you have something new to learn and you will."*

VERNON HOWARD



Health Education  
Collaborative

## Fracture Management Course



This is the only fracture management course endorsed by the Australian Orthopaedic Association (AOA). There is an online component to complete as well as attending the practical day.

[Click here to register](#)



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Tuesday, 21 June 2022

Holmesglen Private  
Hospital  
490 South Road  
Moorabbin VIC 3189

Time: 0845 to 1700  
Cost: \$525

20 hours of CPD

[Click here to register](#)

Please share with your colleagues.

*"The only person who is educated is the one who has learned how to learn and change."*

CARL ROGERS

NEXT ISSUE  
MAY 2022



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