

FEBRUARY 2022 VOLUME 25

Health Education Collaborative Newsletter



A note from the CEO

Bruce Greaves



The year seems to be flying as February comes to an end. Being out and about chatting with some of our clients they feel there is not enough time in the day to get through their workloads and provide the service they want to, as well as having a life outside of the workplace. HEC has been working hard to develop services which can help relieve some of the pressures related to running and managing practices and organisations. These include infection prevention and control services plans and training, organisation specific inservice staff education, N95 mask compliance testing and many others. Contextualisation of services and education is our specialty.

As COVID restrictions ease and we get back to some "new normality" we are very pleased to be opening our NSW division and appointing James Wright as the NSW Division Manager (read more about James below).

Clinical Message

With mask restrictions being removed I would like to remind every health care worker that the only way to adequately protect yourself is by wearing a properly fitted N95 or P2 mask to meet the Australian standards for respiratory protection. Please contact us if you have any questions or concerns about respiratory protection and mask use.

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Seeing as surgery restrictions are being lifted, I thought I would talk about **Sodium-glucose cotransporter-2 (SGLT2) inhibitors**. SGLT2 inhibitors are oral medications, used to treat type 2 diabetes and promote glucose excretion in the urine. The class includes dapagliflozin (Forxiga, Qtern and Xigduo XR) and empagliflozin (Jardiance, Jardiamet and Glyxambi).

SGLT2 inhibitors carry a small but definite risk of severe diabetic ketoacidosis (DKA). Over the last few years there has been increasing number of reports of patients with type 2 diabetes who are on SGLT2 inhibitors developing severe acidosis requiring HDU/ICU admission in the perioperative period. Sometimes this DKA is associated with near normal or only mildly elevated blood glucose levels (euglycaemic ketoacidosis).

Blood ketone testing is strongly recommended to detect and monitor DKA as urine ketone testing may be unreliable.

The risk is increased if the patient:

- has been fasting or has very restricted dietary intake
- has undergone bowel preparation and/or a surgical procedure
- is dehydrated
- has an intercurrent illness such as active infection

Advice for stopping these medications prior to surgery:

- For surgery and procedures requiring one or more days in hospital, and/or requiring 'bowel preparation' including colonoscopy, cease SGLT2 inhibitors at least 3 days pre-procedure.
- For day-stay procedures (including gastroscopy), SGLT2 inhibitors can be stopped just for the day of procedure. However, fasting before and after the procedure should be minimised.

For more information on blood ketone monitoring and recommencing SGLT2 inhibitors, read the Australian Diabetes Society Alert update [here](#).



"An investment in knowledge pays the best interest"

BENJAMIN FRANKLIN

UPCOMING EDUCATION SESSIONS

Saturday, 19 March 2022

Fracture Management Course (**NSW course**)

Time: 0845 to 1700

Northbridge Golf Club

296c Sailors Bay Road

NORTHBRIDGE NSW 2063

[Click here](#) to register

Tuesday, 5 April 2022

Fracture Management Course

Time: 0845 to 1700

Holmesglen Private Hospital

MOORABBIN VIC

[Click here](#) to register

Branching out into NSW

Health Education Collaborative welcomes James Wright as our NSW Division Manager.

James is a 25-year veteran nurse. Most of his early career was spent as a specialist adult & paediatric emergency nurse. He has worked as an Orthopaedic and Surgical Clinical Nurse Consultant (specialising in trauma and hip fracture) and managed the five emergency departments in the Illawarra Shoalhaven Local Health District, south of Sydney.

In 2016 he was awarded two prestigious prizes from the NSW Premier for Service Level Improvements in Healthcare: it was the first time ever that a nurse had been bestowed a Premier's Award. He's presented at national and international conferences and run education sessions for groups of up to 400 people.

James currently works with the Australian and New Zealand Hip Fracture Registry delivering his passion- improving patient experience. He's published several peer reviewed research articles and written a chapter in the only Australian published trauma nursing textbook.

James is a relaxed instructor that shares his personal stories to help students contextualise and apply their learnings to the real world. Sessions are hands-on solution focused and tailored to the learners.

He lives with his wife Natalie, who is an ICU nurse and the Executive Officer for the International Federation for Emergency Medicine. They share their house in St Peters Sydney with four children and one fish.

James will be coordinating the NSW arm of HEC, focusing on business development and course delivery. Please don't hesitate to contact him if you have any questions about running a course in your local area.

James Wright
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[linkedin.com/in/jamesalexwright](https://www.linkedin.com/in/jamesalexwright)



"The roots of education are bitter, but the fruit is sweet."

ARISTOTLE

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 assess patients and to recognise early deterioration.

[Click here](#) to register.

SATURDAY, 19 MARCH 2022

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.
www.healthec.com.au to register for the course.

Northbridge Golf Club
296c Sailors Bay Road
NORTHBRIDGE NSW 2063

Time: 0845 to 1700

Cost: \$525



20 hours of CPD

Click [here](#) to register
Please share with your colleagues.

"Develop a passion for learning. If you do, you will never cease to grow"

ANTHONY J D'ANGELO

FLYERS

CONTACT US

Marg Villella 0419 030458

Bruce Greaves 0444 547036

email:
info@healthec.com.au



TUESDAY, 5 APRIL 2022

FRACTURE MANAGEMENT COURSE

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Click [here](#) to register

Holmesglen Private Hospital
490 South Road
Moorabbin VIC 3189

Time: 0845 to 1700
Cost: \$525



AOA
AUSTRALIAN
ORTHOPAEDIC
ASSOCIATION

*"You don't learn
to walk by
following rules.
You learn by
doing, and by
falling over."*

RICHARD BRANSON

FLYERS

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Out and about



All the masks lined up for fit testing at RMIT Bundoora

Contact us

Fit testing

Please feel free to contact us to provide fit testing for your staff. Fit testing is a requirement for accreditation and is required to be undertaken annually.

Infection Prevention

Does your organisation require infection prevention training? We have an online module that can be contextualised to your work environment. The course foundations are all set to go, so we could have a organisation specific course up and running in no time.

Please feel free to contact us to discuss further.

Marg Villella 0419 030458

Bruce Greaves 0444 547036

email: info@healthecc.com.au

*"Learning is not compulsory.
Neither is survival."*

DR W EDWARDS DEMING

NEXT ISSUE
MARCH 2022