

OCTOBER 2022 EDITION

VOLUME 31

# Health Education Collaborative Newsletter



## A note from the CEO

### Bruce Greaves



With the year closing rapidly, HEC is busy completing face to face programs that are scheduled for the remainder of the 2022. There are limited places left in our fracture management courses in Perth, Adelaide, Melbourne and Brisbane (see flyers pages). Our online programs will continue as normal.

As we start planning for next year with several new courses and programs to commence in the first part of 2023, it is a good time to start thinking about what your pathway will be; what clinical skills will help you and your practice.

We are excited for what is coming in 2023 and look forward to detailing more of the programs in our next newsletter.

After an exhaustive year for all, especially health care workers, we tend to wind down during the Xmas break before we get back to business soon after. However, winding down doesn't really reset our health physically and mentally for the upcoming year. Sherryn Lethlean is heading up our Executive Health and Wellbeing program and has developed a contextualised reset program for nurses and health workers which she outlines on page 4 of the newsletter.

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We are pleased to announce the revised Disability Services Infection Prevention and Control online program will be launched on the 15 December at the NDS offices in Parkville.

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Health Education  
Collaborative

# Education Update

Marg Villella



## Answers to last month's clinical questions



Rhythm: underlying rhythm is regular

Rate: 75 bpm

P waves: 2nd and 10th P wave is different, and the P wave is late

PR interval: 0.16 seconds

QRS duration: 0.06 seconds

Interpretation: Sinus rhythm with atrial escape beats (2nd and 10th)



Rhythm: irregular

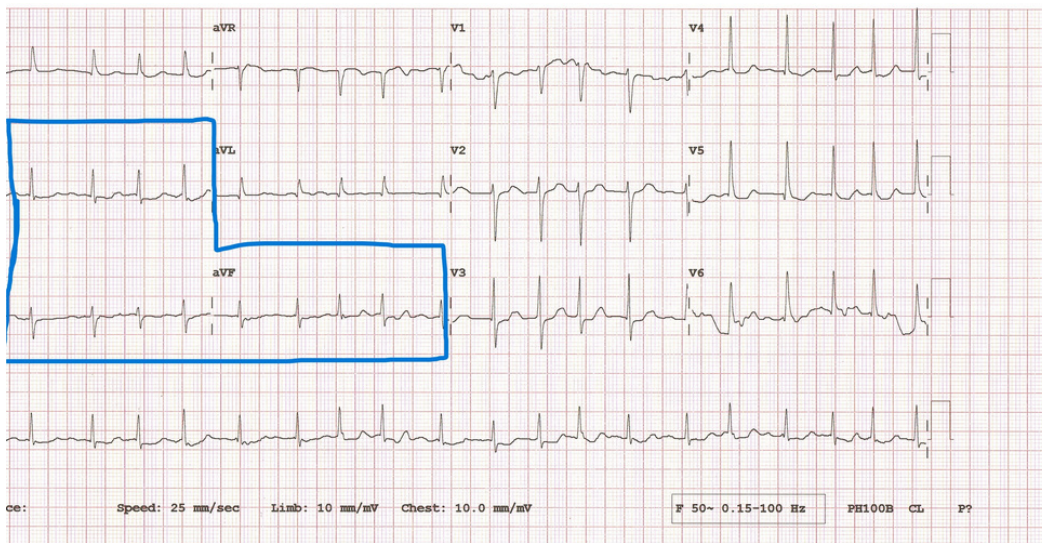
Rate: 65 bpm

P waves: all the same, one before every QRS

PR interval: 0.18 seconds (normal)

QRS duration: 0.06 seconds

Interpretation: Sinus arrhythmia



**Which lead group is marked?** Inferior leads (II, III and AVF)

If you are interested in learning more about ECGs, [click here](#) to register for our ECG course. Use the coupon code *newsletter* to receive \$100 discount.

*“An investment in knowledge pays the best interest”*

BENJAMIN FRANKLIN

UPCOMING  
EDUCATION  
SESSIONS

Please refer to the  
course flyers

For more course  
dates, see our  
[events](#) page.



# Education Update

Marg Villella



## This month's clinical question

What do you see on this chest xray?



**Frontal** Case courtesy of Dr Sajoscha A. Sorrentino, Radiopaedia.org, rID: 14979



**Lateral** Case courtesy of Dr Sajoscha A. Sorrentino, Radiopaedia.org, rID: 14979

*“Wisdom.... comes not from age, but from education and learning”*

ANTON CHEKHOV



Health Education Collaborative

# Health & Wellbeing

Sherryn Lethlean



The term "burnout" has been used a lot during the pandemic, and especially in the previous year where people (particularly healthcare workers) and organisations have really felt the impact of the previous few years on health, wellbeing and overall fatigue levels.

There is now an abundance of information around looking after your mental health and burnout more than ever before, and people are starting to re-evaluate what is important in life, and how to create that work-life balance. I have found that whilst there is information available, many of us are still not clear on how we can apply this to our lives, and truly reset our health after what has been an exhausting time for many. Whether it be working long hours in PPE, juggling home schooling, working from home or simply the negative health effects of limited social interactions, changes in lifestyle and a more sedentary living.

Whilst time off over the Christmas holidays will certainly aid in reducing stress, for many it is filled with a busy time organising holidays, presents and family arrangements, and is often a time filled with unhealthy behaviours around food and festive activities. It is important to enjoy this time, however a true reset and wind down is more than simply not being at work, and to negate the effects of the years' stressors, you need more than a few weeks off.

We are excited about our 'reset programs' commencing next year, as we offer a two-day program in a picturesque regional setting, filled with healthy food, healthy activities, contextualised education around lifestyle, nutrition, fatigue, mindset and workplace specific health education along with CPD activities. Immerse yourself into a fun filled, interactive, informative and unique experience, which includes health assessment, individual coaching and lifestyle assessment, where you will walk away re-charged, informed and ready to really change your health for the better and take on 2023 and beyond.

We will be detailing this and our other health and wellbeing programs in upcoming newsletters

For enquiries contact:

Sherryn Lethlean

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*“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”*

MALCOLM X



Health Education Collaborative

# Adelaide

ONLY ONE PLACE LEFT



## FRACTURE MANAGEMENT COURSE

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



**Tuesday, 15 November  
2022**

**Glenelg Golf Club**  
James Melrose Road  
Novar Garden SA

Time: 0830 to 1630  
Cost: \$525 (incl GST)



For more information:  
Call Marg on 0419 939458 or  
email [info@healthec.com.au](mailto:info@healthec.com.au)

[Click here to register](#)

20 hours of CPD

[Click here to register](#)

Please share with your colleagues.

*“Education is one thing no one can take away from you.”*

ELIN NORDEGREN

## 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.





# Brisbane



## FRACTURE MANAGEMENT COURSE

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



**Wednesday,**  
**13 December 2022**  
Kedron-Wavell Services  
Club  
1 Kittyhawk Drive  
CHERMSIDE QLD 4032  
Time: 0830 to 1630  
Cost: \$525 (incl GST)



For more information:  
Call Marg on 0419 939458 or  
email [info@healthec.com.au](mailto:info@healthec.com.au)

[Click here to register](#)

20 hours of CPD

[Click here to register](#)

Please share with your colleagues.

*“Education’s purpose is to replace an empty mind with an open one”*

MALCOLM FORBES



# Perth



## 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.

**Wednesday, 9 November  
2022**

Mount Lawley Golf Club  
1 Walter Road  
Inglewood WA 6052

Time: 0830 to 1630  
Cost: \$525 (incl GST)



For more information:  
Call Marg on 0419 939458 or  
email [info@healthec.com.au](mailto:info@healthec.com.au)

[Click here to register](#)

20 hours of CPD

**[Click here to register](#)**

Please share with your colleagues.

*“The whole purpose of education is to turn mirrors into windows”*

SYDNEY J. HARRIS

## CONTACT US

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