

NOVEMBER 2022 EDITION

VOLUME 32

Health Education Collaborative Newsletter



A note from the CEO

Bruce Greaves

We were pleased to launch the NDS Infection Prevention and Control course to a national audience of over 300 key personal this month.

The course was re-developed from the original IPC program developed during the pandemic and has been extended covering the broad spectrum of IPC (not just COVID), with several more videos, audio and interactivity throughout the modules.

The course is designed to enhance awareness of infection prevention principles, teach strategies to minimise the risk of potential infection outbreaks and implement appropriate measures should an outbreak occur.



Although developed for the disability sector the course is applicable to many sectors, including aged care, and can be contextualised to suit. We are looking forward to the Victorian launch on the 15 December at the NDS offices in Parkville.

For further information contact: Info@healthec.com.au

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Next year is going to be a big year of growth for HEC. New programs and courses and new people joining the organisation, bringing their knowledge and expertise to our course development and face to face programs. The *reset your health programs* are on track to commence in late January and we also hope to have some very exciting news to share in January.

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Flyers

Text Audio Video Printable Resources Imagery with hot spot interactivity

Designed to enhance the learning experience using engaging interactive elements to suit all learners

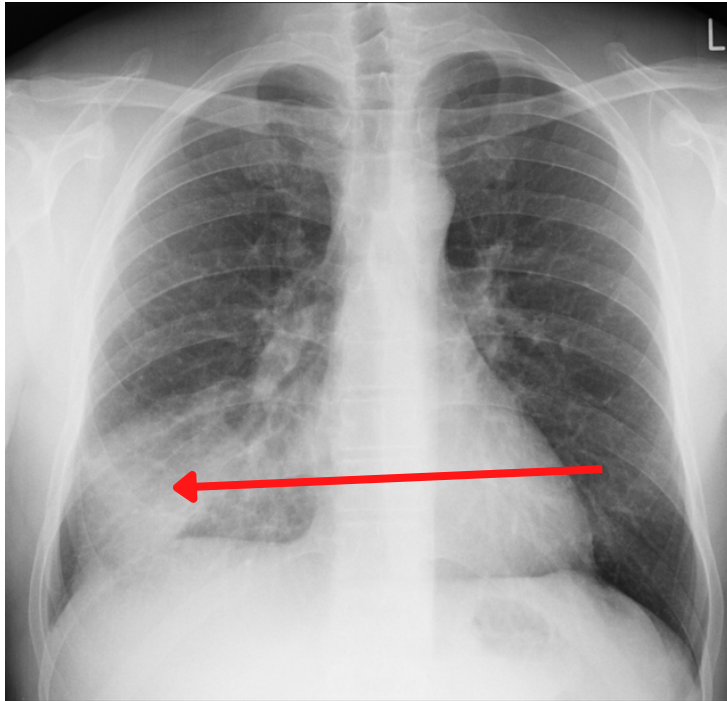
Education Update

Marg Villella
Director

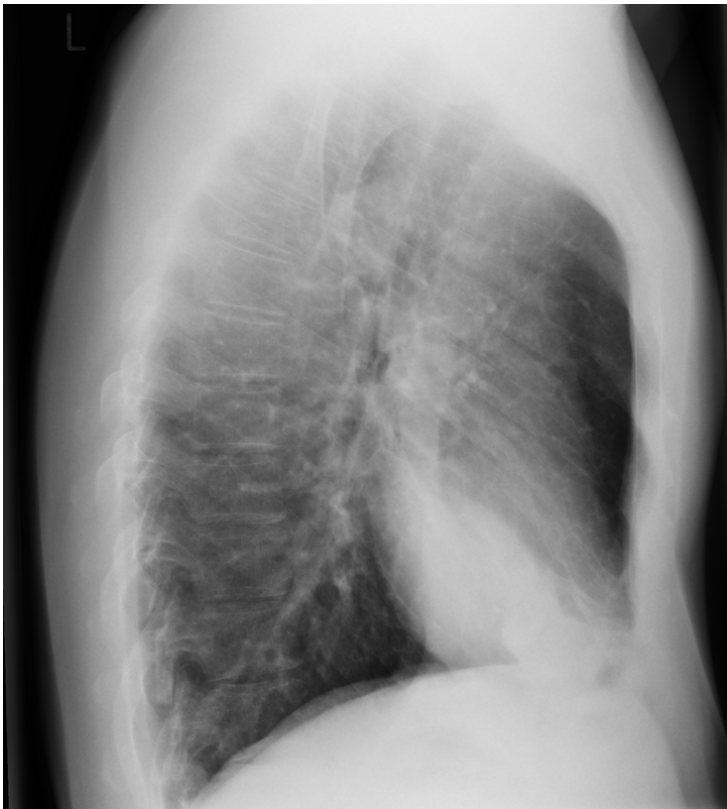


Answer to last month's clinical question

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

Answer: consolidation (arrow) - Right middle lobe pneumonia

*“Your attitude,
not your aptitude,
will determine
your altitude.”*

ZIG ZIGLAR

UPCOMING
EDUCATION
SESSIONS

Please refer to the
course flyers

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



Health Education
Collaborative

Education Update



Marg Vilella
Director

This month's clinical questions

A few random multiple-choice questions.

Q1. A 28-year-old male has been found wandering around in a confused state. He is sweaty and pale. Which of the following tests should you perform **first**?

- A. Blood sugar check
- B. CT scan
- C. Blood cultures
- D. Electrolytes

Q2. A patient is admitted to the hospital with a diagnosis of primary hyperparathyroidism. Which of the laboratory findings would you expect to see?

- A. Elevated serum calcium
- B. Low serum parathyroid hormone (PTH)
- C. Elevated serum vitamin D
- D. Low urine calcium

Q3. A patient with Addison's disease asks a nurse for nutrition and diet advice. Which of the following diet modifications is not recommended?

- A. A diet high in grains
- B. A diet with adequate caloric intake
- C. A high protein diet
- D. A restricted sodium diet

Q4. A non-immunised child appears at the clinic with a visible rash. Which of the following observations indicates the child may have rubella (measles)?

- A. Small blue-white spots are visible on the oral mucosa.
- B. The rash begins on the trunk and spreads outward.
- C. There is low-grade fever.
- D. The lesions have a "teardrop-on-a-rose-petal" appearance.

“If you think education is expensive, try ignorance.”

ANDY MCINTYRE



Health Education
Collaborative

Health & Wellbeing

Sherryn Lethlean



"What does a health reset look like? How is it different to any other health program on offer?

Truly resetting your health goes well beyond a simple exercise and diet prescription. It is something we do to reinvent our goals. Remember our motivation for achieving optimal health and putting into practice changes that will sustain you well past the initial program. A 'reset' is a lifestyle change... its implementation of wellbeing initiatives that will foster true health, physically, mentally and in your motivation and drive. For many it will be a return to their former energetic, healthy and thriving self. For others it will be a chance to finally put themselves first, so that they can be a healthier, happier and more vibrant version of their current self.

Or perhaps you simply want some new, fresh ideas and lease on life heading into 2023, to try new things, and meet great people along the way?

Our reset programs offer a variety of timeframes and methods to achieve all of this! Whether you join us on our 2.5 day reset program, and enjoy a weekend away, immersing yourself in health, education and wellbeing activities.....

or you join us for our 4-week reset online program which includes interactive sessions, health coaching and online education modules to reset your health into 2023? Or perhaps you would like to immerse yourself into both programs and take advantage of the two-program discount.

Heading into Christmas is often a busy, and stressful time for many. Please remember to look after your health during this time - head outdoors for some sunshine, a brisk walk in the morning or evening sun and add two healthy choices for yourself as a start to each day to prepare yourself for your 2023 reset.

Eat 5 vegetable servings, drink 2-3 litres of water, consume a protein smoothie every day for breakfast during this traditionally food heavy time, and most of all - enjoy your holidays. Take a break. Do some meditation or yoga or simply sit on the beach or a park and take in all the sounds and smells. Relax your mind and take time for you!!"

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"You will either step forward into growth, or you will step backward into safety."

ABRAHAM MASLOW



Health Education Collaborative

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

[Click here to register](#)

20 hours of CPD

[Click here to register](#)

Please share with your colleagues.

“If people did not do silly things, nothing intelligent would ever get done.”

LUDWIG
WITTGENSTEIN

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.



CANBERRA



FRACTURE MANAGEMENT COURSE



AOA
AUSTRALIAN
ORTHOPAEDIC
ASSOCIATION

Friday, 3 March 2023

Adina Serviced Apartments Kingston

11 Giles Street

Kingston ACT 2604

Time: 0845 to 1630

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.

For more information:

Call Marg on 0419 939458 or
email info@healthec.com.au

Click [here](#) to register

20 hours of CPD

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Please share with your colleagues.

“It’s not that I’m so smart, it’s just that I stay with problems longer.”

ALBERT EINSTEIN

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